

Explaining Why There is The Medical Necessity To Warn People About Dangers of Soy

★ Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's **2010** Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"

This article ... http://www.mayanmajix.com/soy_2010.pdf .

Nov. 3, 2010

Page 1 ... of 99

updated ... June 6, 2011 +

Hi -- Mike ...

Here is my response you asked me to write regarding the July **2010** soy article by Justine Butler ... "Ignore the anti-soya scaremongers, There's no evidence that soya is harmful to humans. In fact, both we and the planet would benefit tremendously from eating more" ... <http://www.guardian.co.uk/commentisfree/2010/jul/01/anti-soya-brigade-ignore-scaremongering?showallcomments=true#comment-fold> .

What really impressed me at first with this Soy article was just how confident Justine Butler is about what she thinks she knows about soy, when in fact, the scientific facts show and prove, since **1907**, that when it comes to accurate health information about soy dangers, it is so ridiculously obvious that she really doesn't know what she is taking about. What is so very incredibly sad is, (giving her the benefit of the doubt), she doesn't know that she doesn't know the facts behind what she claims to be talking about, and it also appears she doesn't even want to know the facts which she is unaware of. This essay will untangle the web of lies in Justine Butler's 2 articles.

Why do I say that **??**. Simply because of these 5 simple reasons ... (also see [FDA Poisonous Plant Database](#) page 10.)

- 1.) She says that there is no scientific evidence of harm to humans from eating soy, and the studies that do exist are flawed. Well, just look at this **!!**. (More very important & little known info. about [Topoisomerase II-poisons](#), page 5 - 10)

Soy is proven to be and is classified as a ... [Topoisomerase II--poison](#) ... Surprise, Surprise, Surprise **!!**. **In fact, soy has been known to be poisonous for over 100 years !!** ... Now how about that **!!**. Can you believe it **??**. Can you really, really believe it **??**. Amazing **!!**. Are you listening Justine Butler **??**.

[Topoisomerase II--poison](#) ... <http://www.healthline.com/galecontent/etoposide> ... cause [breaks](#) in the genetic (DNA) inside the cells and [prevents](#) DNA from further dividing and [multiplying](#). The cells die.

Is she saying, all research since **1907** on dangers of soy is flawed, and thousands of scientists don't know what they are doing **??**. It is now time for Butler & others to start trying to be good listeners for a change, and to catch up on your homework **!!**. Is everyone ready **??**. A lot more expert non-flawed proof will follow

- 2.) The same kind of conclusion can be made from the scientific investigation into the dangers of soy, as has been made by [Physicians and Scientists for Responsible Application of Science and Technology, PSRAST](#), after their scientific investigation into dangers of cell phones ... <http://www.psrast.org/mobileng/mobilstarteng.htm> ...

PSRAST conclusion on cell phone safety ... "The scientist who declares that there exists no evidence of non-thermal effects of microwave radiation at intensities below present safety norms is either consciously lying or unaware of important research in the field, which means he is seriously [incompetent](#), (because a competent scientist [has to be aware of all](#) important research in his field.)."

"Unfortunately such scientists do exist who serve money rather than [the scientific ideal of impartiality](#)."

In like manner, substitute the word soy in the above **PSRAST** conclusion for the words cell phones, you have ...

Conclusion on the dangers of eating soy ... "The scientist and those in [the soy industry](#) who declares that there exists no credible scientific evidence of harm to humans from eating soy is either consciously lying or unaware of important research in the field of the dangers of soy, which means, they are seriously [incompetent](#), (because a competent scientist and person(s) in the soy industry [has to be aware of all](#) important research on this topic.)."

"Unfortunately such scientists/persons do exist who serve money rather than [the scientific ideal of impartiality](#)."

★ (Pages 119 – 121)

The "soy industry" includes ... merchants ... manufacturers ... scientists ... publicists ... government bureaucrats ... former bond financiers (stock market) ... authors of books & writers of food articles ... vitamin companies ... and retail stores. This would not include **farmers because they were duped like the rest of us**. But farmers need to find something else to grow before the [Soy bubble bursts](#) & the market collapses: such as - grass-fed livestock ... designer vegetables ... or hemp to make paper for thousands & thousands of legal briefs needed for lawsuits (that are sure to come & will soon follow.) ... (**Legally - expect no mercy !!**). ... / 2

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in

(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"

More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

This article ... http://www.mayanmajix.com/soy_2010.pdf .

. by Gerald Hernesmaa

Remember ... The life you save just might be the life of the one you **♥ Love** the most.

These 5 reasons, continued ...

2.) Continued ...

Why do I and others say there is so much lying and incompetence about soy **??**. Because, after over 100 years of scientific research & more than 1,000 well-designed studies, from around the world, conducted in a manner which is consistent with generally recognized scientific procedures and principles which show that - **there does exist** - significant scientific agreement among research experts from around the world, { qualified by scientific training, experience and expertise }, **PROVING** a very strong statistically significant association of very serious harm ... **"Hidden Harm"** ... to human and animal health from the consumption of soy, SPI-soy protein and soy estrogen ingredients in our food supply and an **INCREASED RISK** of a variety of **cancers and other** major and life threatening health problems.

Incompetent ... <http://www.audioenglish.net/dictionary/incompetent.htm> ... by using the adjective form of the word incompetent and the **PSRAST** form of the conclusion above, it would appear that Justine Butler doesn't really know what she is talking about, regarding the dangers of soy, and therefore, she is seriously incompetent when it comes to tell people the truth about soy.

The adjective use of **INCOMPETENT** has 4 senses:

1. not qualified or suited for a purpose
2. showing lack of skill or aptitude
3. not doing a good job
4. not meeting requirements

When people, scientists, reporters, Doctors, governments, corporations, etc. declare that there exists no proof or no un-flawed scientific evidence on dangers of soy, they are seriously **Incompetent** to talk about the topic of soy.

But on the other hand, when you really think about soy, what else can you expect from someone who claims to be a **Health Campaigner for the Vegetarian & Vegan Foundation ??**. I will show & prove that there is **impartiality** and a lot of prejudiced view by her to what she says in her 2 inaccurate soy articles.

3.) To make things even much, much worse, she has had over 4 years, (after her last **2006** misinformation article on soy), to find out what the scientific truth is, and to correct the errors she made in that soy article, before writing her new **2010** soy article.

But instead, the main thing she has done was to make the present **2010** soy article a regurgitation, a recycling, of her last Aug. 8, 2006 similar soy article called ... **"There's no risk to humans from soya, The hormones in cow's milk are potentially far more harmful than those in plants"** ... <http://www.guardian.co.uk/commentisfree/2006/aug/08/comment.lifeandhealth> .

(**Please note** – with reference to health & environmental issues, key words like **Believed** and **Seems to** are key phrases that have long been used by untrustworthy, manipulative authority figures for years to intentially **mislead** and **misdirect** people to come to the wrong conclusion, an economic strategy that still works today. **Brilliant** don't you think **!!**. See info. about **Smokescreen** on page 28, and 66.)

4.) Let me give you a good example of the type of lying and misdirection that is used in those 2 soy article. On April 16, **2008** ... an article in the major news media, CBC, claims that vitamins and minerals are not beneficial, but can even kill you, and the media blindly fell for it hook—Line—and---sinker, without even blinking an eye.

Vitamins A, E and beta-carotene increase mortality, not longevity: study, April 16, **2008** ... <http://www.cbc.ca/health/story/2008/04/16/antioxidants-study.html> .

This is a study review, (**"Meta-analysis"**), conducted by researchers at the Copenhagen University Hospital in **Denmark** that found these antioxidants actually appeared to increase mortality. Scientists examined the data of 47 randomized clinical trials with 232,550 participants.

4.) Continued on next page ...

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"

This article ... http://www.mayanmajix.com/soy_2010.pdf .

by Gerald Hernesmaa

These 5 reasons, continued ...

4.) continued ...

But, upon a closer look and more examination of the **Denmark** evidence, we are presented with a different picture, one reflecting the reality of the true facts, that is, the **Denmark** report was based on **junk science**. Here is a quote from another article 2 days latter exposing what really is happening here (lying, cover-up and misdirection) ...

Vitamins A, C, E Increase Mortality! (and other nonsense from the realm of **junk science)**, April 18, 2008 ... <http://www.naturalnews.com/023034.html> .

(NaturalNews) The latest attack on vitamins A, C, E, selenium and beta-carotene comes from the **Cochrane Library**, a widely-read source of information on **conventional** health matters. In the paper published yesterday, these antioxidants were linked with a higher risk of mortality ("they'll kill you!"), and now serious-sounding scientists have warned consumers away from taking vitamins altogether. **But**, with all the benefits of antioxidants already well known to the well-informed, how did the Cochrane Library arrive at such a conclusion **??**. It's easy: The researchers considered 452 studies on these **vitamins**, and they threw out the 405 **studies** where nobody died **!!**. That left just 47 studies where subjects died from various **causes** (one study was conducted on terminal **heart patients**, for example). From this hand-picked selection of studies, these researchers concluded that **antioxidants** increase mortality.

Just in case the magnitude of the **scientific fraud** taking place here has not yet become apparent, let me repeat what happened:

These scientists claimed to be studying the effects of vitamins on mortality, right **??**. They were conducting a "**Meta-analysis**", based on reviewing established studies. But instead of conducting an honest review of all the studies, they arbitrarily decided to **eliminate** all studies in which **vitamins prevented mortality and kept people alive !!**. They did this by "**excluding** all studies in which **no participants died**." What was left to review **??**. Only the studies in which people died from various causes.

Brilliant, huh. This sort of **ass-backward science** would earn any teenager an "F" in high school science class. But apparently it's good enough for the Cochrane Library, not to mention all the mainstream press outlets that are now repeating these silly conclusions as scientific fact. See definition of **Fraud** on page 86.

- 5.) If you go to the bottom of my **2003** one page summary ... http://www.mayanmajix.com/soy_summary.pdf ... which is about my 144 page soy research paper, **Soy-Abundance of Health Hazards** ... <http://www.mayanmajix.com/soy01.html> , you will see what is written below ...

"Meta-Analysis"

http://www.mercola.com/article/soy/avoid_soy.htm ... "**meta-analysis**" is a review & summary of the results of many clinical studies on the same subject. The use of meta-analyses **to draw general conclusions** has come under sharp criticism by members of the scientific community. "... **Researchers substituting meta-analysis for more rigorous trials - risk making **faulty assumptions and indulging in creative accounting** ...**", says **Sir John Scott**, President of the Royal Society of New Zealand, "... Like isn't being lumped with like. Little lumps, big lumps of data are being gathered together by various groups ...". (34)

"**There is a added **temptation** for researchers, particularly researchers **funded** by companies like **Protein Technologies International** – soy corporation, to **leave out** studies that **contradict / dilute** the conclusions desired ...**" (This fits many Legal Definition including **Fraud** and **Criminal Gross Negligence** on pages 87 - 89)

This is exactly what happened in **The Cell Phone Industry Own Safety Study**, **Denmark Vitamin "meta-analysis"** Lie, and 2 soy articles in question by Justine Butler, as all 3 are intentionally "**Flawed-analysis**". Why intentionally **??**. Because the **temptation** to possibly get away with **trying to turn a lie into an artificial truth and the real truth into a lie** without anyone finding out, was just too great. Luckily for us, the cell phone study Lie was exposed right away. The problem is, **the Denmark vitamin Lie has not been retracted**, so many people will believe it and refer to it in the future, which is exactly what was really wanted in the first place ... the fall back position - **Plan 2** ... if the Lie turned out to be exposed. You can fool some of the people some of the time, but not all of the people all of the time. **Some of the time** is all the soy industry needs to make their huge **blood**-money profits. (Successful strategy of **Plan 2**). **Brilliant** don't you think **!!**. .../ 4

What (? . Dr.) Justine Butler has chosen to do in the 2 soy articles is a carbon copy of what was done in the **Denmark** study described above. That is to selectively ignore, eliminate and leave out valid studies, and creditable information that will contradict and dilute the conclusions she desires as a Health Campaigner for the Vegetarian & Vegan Foundation. If the soy lies are exposed, do not write a retraction, but just rely on **Plan 2**. To the ignorant and uninformed general public, that is absolutely **"Brilliant,"** and intended to keep the public in perpetual ignorance regarding the existence of over 1,000 scientific studies going back to 1907, showing that eating soy is a very serious danger to all of us and can even be deadly. Actually, soy has been known to be dangerous & deadly, yes **DEADLY**, long before 1907, even going way back to the **Chou Dynasty (1134 - 246 BC)**. So, the real question is – why did she, or whoever it was, write those soy articles **??**. What do they really know **??**, and for how long have they know it **??**. For example, **Topoisomerase II--poisons**, on page 5.

This might surprise almost everyone, because the mainstream media mostly ignored this ... the governments of **Israel, Switzerland, the UK, and New Zealand** have all issued statements, **warnings, against the use of soy formula for babies**.

Now how about that **!!**. Can you believe it, can you really, really believe it **??**. Amazing **!!**. Are you listening Justine Butler, or whoever you are **??**. (See the list of important **Legal Definitions**, including those of **Deceit** and **Fraud** on page 87 - 89)

"... All Truth Passes Through 3 phases: first it is ridiculed; next it is violently opposed; and finally it is accepted as self evident ...", by the German philosopher Arthur Schopenhauer.

Einstein said, **"... the world is a dangerous place to live in, not because of the people who are evil, but because of the people who don't do anything about it ..."** <http://en.thinkexist.com/> .

Shame on you, Justine Butler, shame on you. Your **bias-ass-backward flawed science reporting** on soy, which is really no science at all, would earn any teenager an "F" in a high school science class. (May be you got your education on another planet **??**). But apparently, your sloppy and false reporting on soy is good enough for **The Vegetarian & Vegan Foundation**, and the **"soy industry"** which includes those involved in selling soy and soy products and producing and promoting false soy information - such as ... **merchants** ... soy processors and manufacturers ... **scientists** ... publicists ... **government bureaucrats** ... former bond financiers (stock market) ... **authors of books and writers of food articles** ... vitamin companies ... **and** retail stores.

Everyone -- be careful ... be careful ... be careful --- I said ... be careful ... With lots of lies, denial and cover-up from the pro-soy side, and Monsanto, and also with the new research coming out yearly continually confirming the known scientific truth about the real dangers of soy, I highly recommended to everyone that **in order to protect yourself and the ones you ♥ Love ... read the ingredient labels on all the food(s) you buy, and if you find soy, flax, canola, cottonseed oil, or MSG as an ingredient, simply switch brands to avoid them !!**

★ The life you save just might be the life of the one you ♥ **Love** the most. **So, also** make sure ingredient **labels** on your vitamins, minerals, medications, pet food, etc., says ... **contains no Soy ... or ... no Soy ingredients, etc., etc., etc** .

* **Please Remember This Extremely Important Point** - When pharmaceutical companies advertise their drugs in TV commercials, these **TV commercials** are required to notify & warn the general public of the scientifically known dangers, negative side-effects, health hazards, a person may experience from taking the drug being advertised, at the same time, during and with in the TV commercial. BUT, no such warnings on TV or in magazines, etc., are given to people when promoting soy products or soy ingredients. Nothing is said about the many serious **and sometimes deadly** health hazards from eating soy and soy ingredients in our foods supply, or any soy ingredient put in make-up or personal care products. Think about it ... no warning label or packing slip included when buying soy or soy food products that would warn people of the scientifically known dangers of soy. This then becomes the largest known experiment ever to be conducted on the face of the earth. **Why ??, because everyone eats !!**. So, not warning people of the scientifically known dangers is **an Inhumane Act**. This means that the practice of selling soy, putting soy in our food etc., and promoting soy as healthy also goes against the **Nuremberg Code**, because the **Nuremberg Code** requires **informed consent** from the individual, the consumer. **Can you honestly image a newly born infant, or even a fetus giving consent ??**. How would you inform them and receive their consent **??**. This can be called **an Inhumane Act** without consent, and qualifies as ... **A Crime Against Humanity**. See info. and definitions of the **Nuremberg code, Informed Consent, Inhumane Act**, and **Crimes Against Humanity** further in this essay, on pages 51 - 55, 60, 73, and **the many serious health hazards of soy**, listed on pages 40 top, 41, 73 - 75, 77, 61 - 62, below.

(The Big Lie, False Belief)

The Myth, Fairy Tale: Phytic Acid and Topoisomerase II –Poisons Genistein & Daidzein In Soy Are Made Harmless, Are Denatured, "With Heat and Natural Solvents," and Are Therefore - of No Concern.



This 2006 article below nicely confirms what has been known in the soy industry for over 50 years, that is ... heating soy does **NOT** remove or eliminate the natural toxins, it does not make soy safe, just less toxic, less dangerous, so it just takes a little longer to kill you, that's all. The article below is a direct admission by soy industry itself, using their own research.. Wow, how about that !!. Please keep in mind, the article also makes the **BIG mistake**, an all too common mistake, of calling the 2 natural occurring toxic chemicals in soy genistein & daidzein, beneficial & healthy Isoflavones. But scientific truth is, they have been proven to be & are classified as powerful ... Topoisomerase II--poisons ... that cause DNA double strand breaks, various cancers, etc., etc. Scroll down this essay and on pages *5, *61-62, *96 (Fermentation), you will see where I have pointed out that fermentation, by heat, or by any process, effects each of the **6 known Carcinogenic chemicals** in soy a little differently, some more than others, some hardly at all. It is a "no win" situation.

When reading the article below, please keep in mind that ...

1. There is considerable variability in levels of genistein & daidzein available in soy foods, no matter how they are processed.
Example – there are no guidelines on how long or how high the temp. needs to be when using the fermentation by heat method
2. There is nothing to protect consumers from exposure to high levels (accumulation of low level exposure over time) to these chemicals. Scroll down to ... "Harmful Side Effects of Low Dose Toxic Chemical Exposures – Not Studied ??," on page 28
 - a) There is no established acceptable levels set for these 2 Topoisomerase II--poisons in foods, so, there is no protection from short-term high level (acute) exposures or long term low levels (chronic) exposures.
 - b) There is a very valid medical concern of Multiple Low Level Exposures, (MLLE), to these 2 chemicals over time.
 - i. Please refer to the comments made in the Feb. 1999 protest letter by 2 famous U.S. FDA "Whistle-blower" scientists Daniel Doerge PhD and Daniel Sheehan PhD. Comments are on page 12 and 76 - 77 in this essay.

Quickly summarizing this article below --- one is faced with either choosing lower Temp. heating -- resulting in more available protein and more surviving Topoisomerase II--poisons, - or - higher Temp. heating -- resulting in useless protein and less poisons.
William Jarvis, PhD., Depart. of Health Promotion & Ed., Loma Linda University, Loma Linda, Calif. more Pages 7, 61, 37, Bottom 96

Heat From Pasteurization (a form of fermentation), Destroys Beneficial (??) Nutrients In Soy Milk

Aug. 3, 2006

. <http://www.naturalnews.com/019860.html> .

Pasteurization and ultra high temperature (UHT) treatments, which are used to kill bacteria in milk, may be damaging the healthy (??) isoflavones found in soy milk, according to Huang Huihua, a researcher from the South China University of Technology in Guangzhou.

Isoflavones act like the female hormone estrogen in the body, & have been studied closely to determine if they may help treat estrogen deficiency-related conditions such as breast cancer, prostate cancer & osteoporosis. (Please note - The intent of the 2 words may help is key here. These words are used not to present proof, but are used to suggest the opposite, that is, they are used as a smokescreen to hide , to deceive & to misdirect your attention away from known facts, and to misplace your trust. See Smokescreen on page 28, 66.).

Huang and colleagues at the Hong Kong Polytechnic University performed a study on soy milk last year (**2005**) to determine the effect of heat on 3 isoflavones: ... genistein ... daidzein ... glycitein.

Lower Heat – More Toxic (+) More Protein

When soy milk is pasteurized, with Less heat,
heated to about 203 degrees Fahrenheit -- for one hour,
77 % -- of daidzein is destroyed ... 23 % Toxin left in soy
66 % -- of glycitein ... 34 % " " "
only 11.4 % -- of genistein ... 89 % " " "

Higher Heat – Less Toxic (highly damaged Protein)

When soy milk undergoes in-bottle sterilization, it is
heated at around 250 degrees Fahrenheit -- for 5 minutes,
87 % -- of daidzein is destroyed ... 13 % Toxin left in soy
72 % -- of glycitein 28 % " " "
17 % -- of genistein 83 % " " "

Currently, China's soy milk industry -- which produced around 300,000 tons of milk last year -- tends to focus on protein and vitamin content over isoflavones. However, soy milk industry expert Tu Shunming, of China's National Research Institute of Food and Fermentation Industries, does not think soy milk sales will suffer because isoflavones are a secondary concern. China has long practiced heating soy milk to temp.'s ranging from **95 to 110 degrees Celsius (203 to 230 degrees F.)** to asepticize it," Tu said.

(Asepticize – to free from disease-causing contaminants such as bacteria, viruses, fungi, parasites).

Strange, don't you think, that these 2 **Topoisomerase II—poisons, genistein & daidzein**, should still be called beneficial today, as the original fermentation process was invented **during the Chou Dynasty (1134 - 246 BC)**, so that, **soy would not kill people quite as fast, quite so quickly**, when people back then relied on soy for protein during periods of famine.

About Phytic Acid ... It interferes with the intestinal absorption of various minerals, and can lead to very serious health problems, as osteoporosis, hair loss - baldness, even **DEATH**. Sound familiar **??**. If phytic acid was deactivated, neutralized in soy with heat and solvents, there would not be the reported medical problems of severe malnutrition and even **DEATH** from **reduce assimilation of** calcium (bone loss), magnesium, copper, iron and zinc, in children of Vegan mothers. In this essay, see on page 12 to 23 & 24 -- **Severe Malnutrition ... from ... False Nutritional Beliefs. (Soy - The Kiss of Death)**.

The only real difference between fermented soy & non-fermented soy is that the fermented soy takes just a little longer to kill you, that's all. There is a very high likelihood, probability, that back in the **1970's** the soy and pharmaceutical industry knew then that the heat treatment did not solve the toxic problems of soy, but just didn't tell anyone, kept it hidden for financial investment reasons. Both of these industries have a long history, are notorious for lying in order to protect their profits by hide the truth. It is systemic and a way of doing business for them. It is almost impossible to trust anything the soy industry says. The pharmaceutical industry hides the known dangerous of many drugs that ended up being taken off the market only after people have been injured and/ or killed. Only then, do we find out that the pharmaceutical industry knew of the dangers, but kept it secret from the FDA, and/or the FDA ignored the dangers. That is why the **assumption made** in the **1970's** that heat treatment removed the natural toxins was false, see on page 37 item #5. It was wrong then & is still wrong today. Such a good job of lying has been done sense then with their propaganda that these lies still live on, even today, in the minds of many people. You can fool some of the people some of the time, but not all of the people all of the time. **Some of the time** is all soy industry needs to make their huge **blood**-money profits. (Successful strategy of **Plan 2**.)

Page 96

★★★★, ★★★★★, ★★★★★, ★★★★★ -- **Cancer of the pancreas ... Preheating of Soya flower seemed to protect pancreas ... BUT --**
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=7192012 .

1980 "The effects of long-term feeding of Soya flour on the rat pancreas," — *McGuinness E.E, Morgan R.G., Levison D.A. and others, Scandinavian Journal of Gastroenterology, 1980; 15(4) :497-502*

- ★ ⊗ ★ — **Pancreatic cancer**
- **Rats were fed raw and heated Soya flour for up to 2 years.**
- **The rats fed raw Soya flour all developed pancreatic hypertrophy and hyperplastic and adenomatous nodules. Four of 26 rats fed raw Soya flour continuously and 1 of 5 rats fed raw Soya flour for 2 days each week developed pancreatic cancer.**
- **Preheating the Soya flour seemed to protect against the pancreatic hyperplastic and neoplastic changes.**
 - **But long periods of heat & pressure also required (130 degrees Celsius = 266 degrees Fahrenheit) to deactivate the carcinogenic trypsin inhibitors in Soya flour denatures the soy proteins to the point that the protein become virtually useless.**
- ★ ⊗ ★ — **Then one either chooses less heating, resulting in more surviving trypsin inhibitors, or more heating, resulting in useless protein.** William Jarvis, Ph.D., Department of Health Promotion and Education, Loma Linda University, Loma Linda, California, USA.

(Please note – with reference to health and environmental issues, key words like **Believed** and **Seems to** and **Attributed to** are key phrases that have long been used by untrustworthy, manipulative authority figures for years to intentionally **mislead** and **misdirect** people so that a person would mistakenly come to the wrong conclusion, (without the person actually realizing it), an economic strategy that still works today. **Brilliant** don't you think **!!**. See info. about **Smokescreen** on page 28, 66.)

Soy - Eating This "Healthy" Food ??. It Could be Slowly **and Silently Killing You** ... Dec. 4, 2010 ... <http://articles.mercola.com/sites/articles/archive/2010/12/04/soy-dangers-summarized.aspx> ... (**The Kiss of Death**)
Soy Dangers Summarized ... Myths and Truths about Soy ... Soy Infant Formula = Birth Control Pills for Babies.

Soy - This "Miracle Health Food" Has Been Linked to Brain Damage and Breast Cancer ... Sept. 18, 2010 ... <http://articles.mercola.com/sites/articles/archive/2010/09/18/soy-can-damage-your-health.aspx> ... (Long List of good reference articles)

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Soy has not → does not → can not → Soy will not → prevent cancer.

Soy - The Kiss of Death

Science has **proven** → → Soy **causes** cancer → → Soy **causes** existing cancer cells to grow
Soy **causes** non-cancerous tumors to turn cancerous → → Soy **causes** the reoccurrence of cancer

The information in this essay will prove why the statements at the top of this page are true & scientifically accurate. When reading the abstract below, the Key misleading word is **Believed**. On page 61 and 5, read why fermented soy **is NOT** Chemo-preventative.

- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2647315/> .

2009 The DNA cleavage reaction of Topoisomerase II: wolf in sheep's clothing -- Joseph E. Deweese and Neil Osheroff, *Nucleic Acids Research*, 2009 February; 37(3): 738–748, PMID: PMC2647315, Department of Biochemistry & Depart. of Medicine (Hematology/Oncology), Vanderbilt University School of Medicine, Nashville, TN, USA

Section - DIETARY TOPOISOMERASE II POISONS

These compounds affect human cells through a variety of pathways; they are strong antioxidants and efficient inhibitors of growth factor receptor tyrosine kinases (114–117). In addition, many bioflavonoids, especially **genistein**, **are potent Topoisomerase II poisons**.

Genistein, which is prominent in soy ... is a potent **Topoisomerase II poison** ... is **believed** to be a chemopreventative agent in adults that **contributes to the low incidence of breast and colorectal cancers in the Pacific Rim** (Figure 6) (116,117). However, as discussed below, **there also is evidence associating genistein consumption during pregnancy with the development of infant leukemia's** (111,123–126). In addition, (–)-epigallocatechin gallate (EGCG), the most abundant and biologically active polyphenol in green tea, is a **Topoisomerase II poison** (Figure 6) (90,116,121). Many of the therapeutic benefits of green tea **have been attributed (NOT proven)** to this compound.

(**Please note** – with reference to health & environmental issues, key words like **Believed** and **Seems to** and **Attributed to** , etc., etc., etc., are key phrases that have been used by untrustworthy, manipulative authority figures for years to intentionally **mislead** and **misdirect** people so that a person would mistakenly come to the wrong conclusion, an economic strategy that still works today. **Brilliant** don't you think **!!**. See information about **Smokescreen** on page 28, 66.).

Page 7

In my June 4, 2004 Soy Protest Submission essay to the US FDA protesting Solae's application request for the approval of soy protein ... <http://www.fda.gov/ohrms/dockets/dockets/04q0151/04q0151.htm> . Also here in this essay on page 76.

Again, in 2003, The United Kingdom Chief Medical Officer, the highest medical officer in the UK has issued a "Health Protection Advisory" about the long term reproductive harm to children from soy protein. He has drawn on the findings of at least 4 expert committees, going back to July **1996**. In his Health Protection Advisory," he has **warned** all doctors that ...

... soy - based infant formulas should be used **only** in exceptional circumstances, because "... there is a risk to long term reproductive health ...".

Further information on the UK Expert Committee's findings in a report in March **2003** called "Committee on Toxicity of Chemicals in Food, Consumer Products and The Environment, Report on Phtoestrogens and Health," is at ... <http://www.food.gov.uk/multimedia/pdfs/2003-03.pdf> , and also says ...

"... After reviewing the data and conclusions in the report relating to soy-based infant formula, SACN considered that there is cause for concern about the use of soy-based infant formula. **Additionally, there is neither substantive medical need for, nor health benefit arising from, the use of soy-based infant formulae** ..."

The Dangers of a High Soy Diet ... Aug, 13, 2008 ... <http://www.youtube.com/watch?v=U9L5MJYfi2A&NR=1> .

... video ... 6 minutes ... 4 seconds .

Exposing the Endless **Lies, Deception, & Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Remember ... The life you save just might be the life of the one you **♥ Love** the most.

The weed of crime bears bitter fruit !!. "Oh what a tangled web we weave - when first we practice to deceive" **We are talking about principles here, internationally agreed upon principles of doing the right thing.**

Well, well, well, Justine Butler, or whoever your are ?? . Where have you been all your life ?? . On another planet ?? . Soy has been known to be toxic and dangerous in the scientific community since **1907**. Infact, soy has been known to be a poison going way back to **Chou Dynasty (1134 - 246 BC)**, **and nothing has changed since then**. Have you been sleep-walking all your life on earth, or are you a space alien who has come here from another planet just to cause us a lot of trouble and **to create a infinite number of broken ♥ Heart's ??**, or did your investments in the stock market in soy companies go up after printing of your 2 soy articles ?? . If so, making money that way might be called **blood** money !!.

By the way, who is Justine Butler ?? ... ?? ... ?? ... ?? . Does she and/ or the Guardian UK have any direct or indirect ties to the soy industry ?? . We might be able to shad some light on this a little further on.

Hundreds of thousands, tens of millions, of people around the world every year do not know they are **being slowly poisoned**, being taken advantage of, being misguided with inaccurate, false information about the dangers of soy, just to make more money, from soy articles like these two in question. (bottom, on page 6 ... being slowly poisoned from eating soy). Soy articles, like Butler's, that are written by self appointed & uninformed authority figures, authors, and journalists, and others who do not even do the most basic research, and who claim to have accurate information, when infact, they actually give out the wrong information, and also are in fact, breaking international law and committing **an Inhumane Act**.

Read the rest of the pages in this essay. By putting soy and soy ingredients in our food without telling everyone about the scientifically proven dangers, keeps people from **making an informed choice** for themselves and the ones they love. This then becomes **"an Inhuman Act"**, and as such, qualifies as a **"Crime Against Humanity,"** on page 51 - 54 - 55, 60, 73 ...

- **The 7 Principles of the Nuremberg Tribunal, 1950** ... <http://www.icrc.org/ihl.nsf/FULL/390?OpenDocument> .
Principle (6.C.) **"Crimes Against Humanity"** ... here on page 55
- **The Nuremberg Code, 1947** ... <http://ohsr.od.nih.gov/guidelines/nuremberg.html> .
- **The Hippocratic Oath** – for doctors, 1st do no harm ... <http://www.members.tripod.com/nktiuro/hippocra.htm> .
- **The Precautionary Principle** -- The obligation to prevent harm, (The 4 Principles) ... here on page 54, 51

The really big danger is, people will be putting their trust in, will unknowingly rely on, this **false information being promoted as an artificial truth**, by the pro-soy promoters and the soy industry. This will also give people **false hope** and a **false sense of security** that soy will help save their life, improve the quality of their life, at a time when their very life may hang in the balance. Unfortunately, this **misguided trust** will turn out to be an **extremely painful** and **DEADLY mistake**.

You are probably asking, what are my qualifications for saying this, for writing this short essay on the dangers of soy ?? . Simply this, I know how easy it is to rely on, believe in the wrong information, (**an artificial truth**), to be lied to, to be given a false sense of security, false hope, from recent, personal past experience !! . I know how easy it is to trust the wrong authority figures, fake authority figures like the soy industry, the news media, the mainstream medical system, governments, parts of the alternative health system, etc., etc. I know because **My Wife Deanna-(Deonaa) died of Soy-poisoning on Dec. 15, 2002**, after she 1st. found her breast lump in the summer of June **1996**. (**Slowly being poisoned**, see article on page 6, bottom of page.) She was afraid and did not tell me until Jan. **2007**. I have the medical records to prove it. In early January of **2001**, we were lucky to have found an abundance of accurate scientific information, available in the scientific community, about the dangers of soy going back to **1907**, which is still easily found on the still **FREE internet**. This information was given to us by someone we hardly knew, and it helped save her live, that is, extend her life by about another 2 years. But, unfortunately, we didn't find enough of the right information soon enough before soy murdered her, yes **murdered** her, just as if a gun was put to her head and **each and every one of the false authority figures simultaneously** pulled the trigger. To read a short summary of her story on how soy murdered her just go to pages 122 - 124 in my user friendly, very, very easy to read, soy research paper ... **Soy-Abundance of Health Hazards** ... <http://www.mayanmajix.com/soy01.html> , found in the Health Article section of the **Mayan Majix** website ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**. Then click on **Dangers of Soy** ... <http://www.mayanmajix.com/soy.html> , or just Google, **Soy--Abundance of Health Hazards**.

The weed of crime bears bitter fruit !!. "Oh what a tangled web we weave - when first we practice to deceive."

Page 47.

★★★★, ★★★★★, ★★★★★, ★★★★★ -- **Stimulates breast cancer growth ??.** **Yes !!.**

Women with current or past breast cancer **should be aware of the risks of potential tumor growth when taking soy products ... antagonize the effects of tamoxifen ..."**

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11573864&dopt=Abstract .

2001 "Effects of soy phytoestrogens genistein and daidzein on breast cancer growth," – de Lemos M.L., Ann Pharmacother, 2001 Sep;35(9):1118-21., British Columbia Cancer Agency, Vancouver, B.C., Canada

--- **Objective:** to determine whether **genistein** and **daidzein**, the major phytoestrogens in soy, **can stimulate breast cancer growth ??.**

★ ☹ ★ --- **Women with current or past breast cancer should be aware of the risks of potential tumor growth when taking soy products."**

★ ☹ ★ — **Conclusions:** Genistein and daidzein may **stimulate existing breast tumor growth** and antagonize the effects of tamoxifen.

Does Justine Butler have any idea what it feels like for a person with a life threatening illness, to be desperately looking for and depending on the right information that will help save their live, and/ or save them from a life of unimaginable pain and suffering before they die, or while they are dying ?? . Well I do !! . We, my wife Deanna-(Deonaa) and I, found out the hard way **before she died of Soy Poisoning**. (**Slowly Poisoned**, see article on page 6.) We learned that time is **THE** most important luxury that most people don't have when they are seriously ill. This is because ... it is very important for a person with an life threatening illness to find the right information soon enough, (meaning, when there is still time enough left to put the information into practical use), in order to reverse the direction of the disease, so the person can start down the road to health and healing before the disease kills them ... It is this critical window of opportunity **(+)plus** having the right information, that will save a persons life. Soy articles like the 2 Justine Butler soy articles in question take away the persons opportunity to recover from a life threatening illness, and **that is an Inhumane Act**. Once the person goes past the **Point of No Return**, (where there is not enough time left to recover from the illness after receiving the right information), & then finds the right information, the information is useless to them, and the information just sits on the shelf unused. As the dying person realizes this, they say **"I don't want to die, I don't want to die."** I know, because that is what my wife said a couple of days before she died of **soy poisoning**, while trying to recover from **breast , bone and liver cancer**. This happens every day, creating **an infinite number of broken ♥ Heart** every year, year after year. The mainstream health system and also a large part the alternative health system - failed us. They both continue to make **an infinite number of broken ♥ Heart** through lies, deception, slight of hand, misdirection, etc., etc, etc. (Also on page 65.)

★ **Soy Risks for Breast Cancer, 2001 ...** <http://reliableanswers.com/med/soy2.asp> ... The Medical Science & Research -- **Similarity of Estrogenic Effects Compared to Human and Synthetic Estrogen ...** by Jane Smith - a mainstream medical Doctor who wishes to remain anomalous to avoid persecution and losing her medical licience for revealing the truth.

Let me wet your appetite - just a little bit more – I am presenting **just part of the tip of the iceberg of the known scientific facts** from valid scientific research, from around the world, referred to here as **The Evidence** since **1907**. This evidence is about dangers of eating soy, which I will also refer to as **Hidden Harm** -- hidden because that is the truth of the reality. This known evidence is still being ignored and denied by the **soy industry**-(defined earlier), the news media and pharmaceutical industry, most mainstream Doctors, much of the alternative health industry, etc., etc., and as well, hardly anyone wants to or is willing to talk about it, until recently. Much of this evidence is in my 144 page soy research paper called ... **Soy - Abundance of Health Hazards ...** <http://www.mayanmajix.com/soy01.html> . It was written between May **2003** and Nov. **2004**, with the last up-date in **2006**. It has over 205 scientific research abstracts from **1907** to **2006**. These abstracts can be found in **PubMed, NCBI - The National Center for Biotechnology Information**, the world's largest and best scientific data-base. All science abstracts in my research paper can be clicked on for immediate internet access.

PubMed ... <http://www.ncbi.nlm.nih.gov/pubmed/> ... **NCBI - The National Center for Biotechnology Information.**

PubMed advances science and health by providing access to biomedical and genomic information. It comprises more than 20 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites and serves the worldwide scientific community .

In the U.S. FDA's "**Poisonous Plant and Plant Part Database**"... <http://www.accessdata.fda.gov/scripts/plantox/index.cfm> ,
Soy, and (Flax – Linseed), and Cottonseed, and Hemp and (Canola – Rapeseed) are all listed as "poisonous plants" ...
soy since 1907, Flax 1850, Linseed 1909 ... Cottonseed 1889 ... Hemp 1898 ... Canola 1982, Rapeseed 1941 ... The U.S.
EPA lists canola as a pesticide - neuropoison, Fact sheet 011332.

The FDA recommend that - if you are injured by plants on this website, to contact your local "**Poison Control Center**" in your area ... <http://www.aapcc.org/> ... or call 911.

((Think about this – now really, really think about these **questions**. Has anyone ever made that important call about these plants **???**. Has any Doctor ever told their patients about this **warning** **???**. Why not **???**. For heaven sakes, why not **???**. If someone actually did call as suggested, because they realized they were poisoned from one or more these plants, like a cancer patient for instance, what would be done about the call **??**. Who would be sued **??**.)))

Preponderance of the evidence: Evidence which is of greater weight or more convincing than the evidence which is offered in opposition to it; it may not be determined by the number of witnesses, but by the greater weight of all evidence, opportunity for knowledge, information possessed. See list of **Legal Definitions** at the end of this essay, on pages 87 – 89.

★★★ Numbers to the right, here refer to pages in my 144 page soy research paper ... **Soy - Abundance of Health Hazard Topoisomerase II--poison** ... Pages 23 - 26, 32, 34, 40, 42, 44, 70 - 73,*80, 81, 153.
Cancer Cell **growth** / proliferation ... 8, 31, 33 - 35, *37, 38, 40 - 42, 45 - *49 - *51, 52, 58, 60 - 62, 69, 73, 74, 77, *80.
DNA **damage** from - daidzein & genistein ... 32 - 34, 37, 38, 40, 42, **44 within 1 hr**, 58, and **70 cell death**, 71 - 73, 81, 153
Frying the **Brain** and Nervous System with Soy ... Pages *63 – 67 ... 7, 27, 41, 44 – 46, 49, 53, 55, 88, 90, 92, 94.

★★★ Page numbers below, and on the left side in this essay, refer to pages in ... **Soy-Abundance of Health Hazards** ... <http://www.mayanmajix.com/soy01.html> . ★ Page 49 ... 2001 Abstract - **Removal of soy caused cancer tumors to regress.**

Page 81

★★★, ★★★, ★★★, ★★★, (+) ★★

DNA double strand breaks leading to chromosomal aberrations and leukemia's.

Further studies on the role of dietary **Topoisomerase II--poison** are **urgently** required.

- <http://www.giftinfo.uni-mainz.de/EXCLI/volumes/Vol1/2002volume1pp8-14.pdf> .

2002 "Dietary topoisomerase II-poisons: contribution of soy products to infant leukemia ?" –

Jan G. Hengstler, Carolin K. Heimerdinger and others, ... EXCLI Journal 2002;1:8-14 (ISSN 1611-2156), published: 30. Dec. 2002 ... Institute of Legal Medicine, Department of Molecular Toxicology, University of Leipzig, Johannisallee 28, 04103 Leipzig, **Germany**; Institute of Toxicology and Department of Gynecology, University of Mainz, Mainz, **Germany**

★ ☹ ★ "... **In addition, an almost 10-fold higher risk of infant AML has been reported for mothers consuming relatively high levels of topoisomerase II-poison containing foods.** These observations are relevant, since many foods contain topoisomerase II-poisons, **predominantly soy and soy products**, but also coffee, wine, tea, cocoa, as well as some fruits and vegetables. **Further studies on the role of dietary Topoisomerase II--poison are urgently required.** If the causal relationship between dietary exposure to **Topoisomerase II--poison** and infant leukemia will be confirmed, care should be taken to reduce exposure to critical foods during pregnancy... "

Page 32

★★★, ★★★, ★★★, ★★★ -- **double strand DNA breaks ... Topoisomerase II--poison**

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=2548712&dopt=Abstract .

1989 "Inhibitory effects of the tyrosine kinase inhibitor genistein on mammalian DNA topoisomerase II"

– *Markovits J. Linossier C., and others, Cancer Res 1989 Sep 15;49(18):5111-7., Laboratoire de Pharmacologie Moléculaire, URA 158 du CNRS, U 140 de l'INSERM, Institut Gustave Roussy, Villejuif, France.*

★ ☹ ★ — **Genistein stimulates double strand DNA breaks.**
— **Our results show that genistein (a) inhibits the decatenation activity of DNA topoisomerase II and (b) stimulates DNA topoisomerase II-mediated double strand breaks in pBR322 DNA on sites different from those of 4'-(9-acridinylamino)methanesulfon-m-anisidide, etoposide, and 2-methyl-9-hydroxyellipticinium.**
— **Finally, genistein treatment of DC-3F cells results in the occurrence of protein-linked DNA strand breaks as shown by DNA filter elution. Viscometric (lengthening) studies demonstrate genistein isn't a DNA intercalator. Genistein is therefore an interesting compound because it induces cleavable complexes without intercalation.**
— **Taken together, our results show that genistein is an inhibitor of both protein tyrosine kinases and mammalian DNA Topoisomerase II. This could be accounted for by the sharing of a common structure sequence between the 2 proteins at the ATP binding site.**

Page 48, Diets

★★★, ★★★, ★★★, ★★★ - levels of daidzein and genistein were associated with an increase in the incidence of vulvar carcinomas in mice ... within one month

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12132873&dopt=Abstract .

2001 “Effects of the dietary phytoestrogens daidzein and genistein on the incidence of vulvar carcinomas in 129/J mice,” – Thigpen J.E. and others, *Cancer Detect Prev* **2001**;25(6):527-32. *Comparative Medicine Branch, National Institute of Environmental Health Sciences, Research Triangle Park, North Carolina 27709, USA*

— The objective of this study was to determine the effect of dietary phytoestrogens on the incidence of spontaneous vulvar carcinomas in 129/J mice using three natural ingredient diets and two purified diets containing predetermined levels of daidzein and genistein. Vulvar carcinomas in representative groups of mice were confirmed using routine histological procedures..

— Within one month, the incidence of vulvar carcinomas in mice fed a modified soy protein diet was significantly increased over those of mice fed control diets.

— Within 3 months, the incidence of vulvar carcinomas in mice fed the soy protein diet was significantly increased over those of mice fed other control diets.

— “We concluded that dietary levels of daidzein and genistein were associated with an increase in the incidence of vulvar carcinomas in mice, and that the 129/J mouse may provide an animal model for studying the development of vulvar carcinomas.

Page 49

★★★, ★★★, ★★★, ★★★, ★ - YES - Removal of soy genistin - caused tumors to Regress

★(same thing happened for my wife Deanna)

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11577007&dopt=Abstract .

2001 “Dietary genistin stimulates growth of estrogen-dependent breast cancer tumors similar to that observed with genistein,” – Allred C.D. and others, *Carcinogenesis* **2001** Oct;22(10):1667-73. *Depart. of Food Science & Human Nutrition, and Division of Nutritional Sciences, Univ. of Illinois, at Urbana-Champaign, IL 61801, USA.*

— Genistin, the glycoside form of genistein, is converted to genistein by human saliva. The glycoside genistin, like the aglycone genistein, can stimulate estrogen-dependent breast cancer cell growth in vivo. Removal of genistin or genistein from the diet caused tumors to regress.

★ **Important Note** – Same thing happened to my wife Deanna-(Deonaa) when she stopped eating soy. Read her story on how soy poisoned & murdered her, Pages 122 - 124 in my soy research paper ... **Soy - Abundance of Health Hazards.**

... <http://www.mayanmajix.com/soy01.html> .

Soy can be a dangerous allergy to people ... <http://www.kidswithfoodallergies.org/faalerts.php> .

Soy is one of the foods people can have allergies to. The **U.S. FDA and USDA has a food allergy recall alert section on the internet** for people and parents of children with food allergies

Soy Allergy Alert - Why Babies Should Not be Fed Soy, (and other very serious health dangers) ... Feb. 10, **2010** ... <http://www.free-healthy-diet-plans.com/soy-allergy.html> ... by Gail Elbek. Parts of the article are quoted below.

Artificial Baby Milks, How Safe Are They ... <http://www.babymilkaction.org/resources/briefings/texassoya03.html> .

Soy is one of the top Allergens ... **Soy Allergens: Shock of the New ...** <http://www.allergies-asthma-sinus-relief.org/allergy/soy-allergens.php> ... even anaphylactic shock ... **March 2005** ... Part 6, Ch. 24

Soy - The Magic Bean ?? ... <http://www.thedoctorwithin.com/soy/Magic-Bean/> ... is exposing more truth about soy.

- Not a complete protein
- Not a natural food
- Many contaminants
- Extreme processing
- Hydrogenation
- Soy protein isolate
- Genetic modification: DNA roulette
- No soy for infants
- Round-Up and the international herbicide market
- Europe’s stance on genetic engineering
- The end of biodiversity
- What the real experts say
- Who really runs the FDA and EPA ??.

Soy Allergy Alert



Why Babies Should Not be Fed Soy

. <http://www.free-healthy-diet-plans.com/soy-allergy.html> .

NTP Center for the evaluation of Risks to Human Reproduction (CERHR)
Morrisville, NC, USA, 27560

Testimony to the CERHR Soy Infant Formula Panel regarding soy allergy

Feb. 10, 2010 ... Several published studies, confirmed by **CFSAN (Center for Food Safety and Applied Nutrition) director Dr. Mike Shelby**, have concluded that soy is an active estrogenic endocrine disruptor. Proper functioning of the endocrine system, especially during developmental time-frames must not be jeopardized. Overwhelming numbers of published studies conclude soy repeatedly jeopardizes developmental health.

The National Institute of Environmental Health Sciences (NIEHS) reports that soy phyto-estrogens demonstrate estrogenic effects equal to or lower than doses of DES estrogen; in 2002, NIEHS researcher Retha New bold expressed concern when her colleagues demonstrated that **soy genistein “triggers reproductive abnormalities including uterine adenocarcinoma, a rare form of cancer.”** And what is toxic to the reproductive tract is toxic to multiple hormone systems throughout the body and brain. Also like DES estrogen, the maternal consumption of soy products transfer's estrogenic hormone disruptors to her fetus and again to her child while breast feeding. **Several hundred studies overwhelmingly conclude soy phyto-toxic causation of an assortment of severe, painful and often irreversible neurological and physiological disorders**, and these diseases are more often caused during developmental exposures. Soy-based formula as 100 percent of an infant's dietary intake contains active estrogenic and anti-nutrient endocrine disruptors.

Soy **phytates** inhibit the assimilation of multiple essential minerals necessary for proper brain and body development. In addition, processed **soy products** contain an assortment of **heavy metals** also known to cause neurologically and physiologically damaging effects.

.....
Isn't all that very interesting. Please be aware that what I will be presenting here in this article is just the tip of the iceberg, or should I say, **this is just scratching the tip of the iceberg** of the known scientific documented dangers of eating soy.

Two U.S. FDA Expert Scientists Protest FDA's Health Claim Approval for soy, and give **health warning** to consumers ... <http://www.alkalizeforhealth.net/Lsoy2.htm> .

Researchers and “**Whistle-blowers**” Daniel Doerge Ph.D and Daniel Sheehan Ph.D are two of the U.S.A.'s Food and Drug Administration's, FDA, **expert scientists on soy** who signed a Feb. 18, 1999 letter of protest to the FDA when the FDA granted soy a “health claim” in 1999. This letter expresses serious concerns regarding the perceived safe use of soy, if soy was to be granted a “health claim,” and includes 26 documented scientific referenced studies, (Abstracts), that show a link between eating soy and serious health problems.

In their Feb. 18, 1999 “**letter of protest**“ they said, “... it is inappropriate to allow a health claim for Soy **Protein Isolate**, SPI, ... it could be misinterpreted, ... the health labeling of SPI for foods needs to be considered just as would the addition of any “**Estrogen**” or “**Goitrogen**” to foods, which are bad ideas. **Estrogenic and goitrogenic drugs are regulated by the FDA, and are taken under a physician's care. Patients are informed of risks, and are monitored by their physicians for evidence of toxicity**

... **No similar safeguards are in place for foods**, so the public will be put at potential risk from soy isoflavones in SPI without adequate warning and information ...”

20/20 TV program ... http://abcnews.go.com/onair/2020/2020_000609_soyfdaletter_feature.html ... link withdrawn under pressure, so use ... http://www.mercola.com/2001/jun/30/soy_fda.htm ... or use Google

Severe Malnutrition ... **from** ... False Nutritional Beliefs Soy -- The Kiss of Death !!



Diagnoses delayed - by a low index of suspicion
Embryo ... Fetus ... Infant ... Child ... Adult ... Elderly

Page 77

★★★★, ★★★★★, ★★★★★, ★★★★★ -- Infants on **Soy milk** and **Rice milk** **cause** severe nutritional deficiencies

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11335767 .

2001 “Severe nutritional deficiencies in toddlers resulting from health food milk alternatives,” – *Carvalho NF, Kenney RD, Carrington PH, Hall DE., Pediatrics. 2001 Apr;107(4):E45., Scottish Rite Pediatric and Adolescent Consultants, Children’s Healthcare of Atlanta, Atlanta, Georgia 30342-1600, USA*

★ ☹ ★

Malnutrition ... **from** ... False Nutritional Beliefs

Infants on **Soy milk** and **Rice milk** cause severe nutritional deficiencies

- **Because nutritional deficiencies are uncommon in the United States**, US physicians may be unfamiliar with their clinical features. It is widely appreciated that health food beverages are not appropriate for infants. **Because of continued growth, children beyond infancy remain susceptible to nutritional disorders.** Here we report on 2 cases of severe nutritional deficiency caused by consumption of health food beverages. In both cases, the parents were well-educated, appeared conscientious, and their children received regular medical care.

... Diagnoses were delayed -- by a low index of suspicion.

Case (1.) a 22-month-old male child, with a history of chronic eczema and perceived milk intolerance. He was started on a **rice beverage** after weaning.

... Kwashiorkor impairs cellular immune defenses and electrolyte imbalances with ongoing diarrhea.

... Observed typical features of kwashiorkor: generalized edema, hyperpigmented and hypopigmented skin lesions, abdominal distention, irritability, and thin, sparse hair.

Case (2.) a 17-month-old black male, Growth and height arrest after 9 months on **soy milk**. Reported regression in gross motor milestones, patient was unable to crawl or roll over. Generalized hypotonia, weakness, and decreased muscle bulk were present.

... **Patient was diagnosed with rickets.** Clinical features of rickets present on examination included: frontal bossing, an obvious rachitic rosary (photographed), genu varus, flaring of the wrists, and lumbar kyphoscoliosis. The published radiographs are diagnostic of advanced rickets, showing diffuse osteopenia, frayed metaphyses, widened epiphyseal plates, and a pathologic fracture of the ulna.

... **In addition**, the serum alkaline phosphatase and parathyroid hormone level were markedly elevated, Phosphorus and the 25-hydroxy-vitamin D level were low, Calcium was low normal.

Page 72

★★★★, ★★★★★, ★★★★★, ★★★★★ --

Vegetarian

Vegetarian feeding led to life-threatening hypocalcemic hyperphosphatemic spasms

Hypocalcemia-hyperphosphatemia - life-threatening hypocalcemic in the infant.

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=9064373 .

1996 -- Abstract ... “Hypocalcemic tetany in 'alternative' soy milk nutrition in the first months of life,” –

Anil M, Demirakca S, Dotsch J, Kiess W., Klin Padiatr - 1996 Nov-Dec;208(6):323-6., Abteilung Allgemeine Padiatrie und Neonatologie, Justus Liebig, Universitat Giessen.

★ ☹ ★

Malnutrition ... **from** ... False Nutritional Beliefs

--- **A 14 weeks old infant** was admitted to the intensive care unit with life-threatening hypocalcemic-hyperphosphatemic spasms.

--- **Hypocalcemia--hyperphosphatemia** was found to have been caused by feeding high phosphate/ low calcium soy milk. The daily uptake of calcium was calculated to have been 3.3-6 mmol that of phosphate 30 mmol.

★ — The parents strongly believed that soy milk formulas were equivalent to breast milk and cow's milk formulas and lived on a strictly vegetarian diet. Therapy with calcium (at an initial dose of 2.25 mmol/kg/day) and 1.25 OH vitamin D3 (Rocaltrol, 0.25 microgram/day) normalized Ca, PO4, vitamin D and parathyroid hormone levels recovered rapidly.

-- **We conclude:** **Vegetarian** feeding had led to life-threatening hypocalcemic - hyperphosphatemic spasms in the infant, as well as, **malnutrition** and **false nutritional beliefs** have to be included as a potential cause of early hypocalcemia in infants.

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(?. Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"

This article ... http://www.mayanmajix.com/soy_2010.pdf .

Page 60

★★★★, ★★★★★, ★★★★★, ★★★★★, (+) ★★★★★ -- at levels comparable to the ranges of human exposure

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14709783 .

2004 "Effects of genistein or soy milk during late gestation and lactation on adult uterine organization in the rat," – *Hughes CL, Liu G, & others, Exp Biol Med (Maywood). 2004 Jan; 229(1):108-17., Department of Medical and Scientific Services, Quintiles, Inc., Research Triangle Park, North Carolina, USA.*

★ ☹ ★ **Malnutrition ... from ... False Nutritional Beliefs**

— **These experiments demonstrate that developmental exposure to dietary isoflavones**, at levels comparable to the ranges of human exposure, modify expression of the estrogen-regulated PR in the uterus of sexually mature rats weeks after exposure ended.

— In utero and lactational exposure to estrogenic agents has been shown to influence morphological and functional development of reproductive tissues. Thus, consumption of dietary phytoestrogens, such as isoflavones, during pregnancy and lactation could influence important periods of development, when the fetus and neonate are more sensitive to estrogen exposure.

— In this study, reproductive outcomes after developmental exposure to isoflavones were examined in Long-Evans rats maternally exposed to isoflavones via a commercial soy beverage or as the isolated isoflavone, genistein.

— Since the PR is essential for regulating key female reproductive processes, such as uterine proliferation, implantation, and maintenance of pregnancy, its increased expression suggests that soy phytoestrogen exposure during reproductive development may have long-term reproductive health consequences.

Soy Weakens Your Immune System



See the **2002** abstract on this page below. The soy industry, the scientists they hire, and the mainstream medical system, and responsible independent scientists have known this for over 70 years

Page 154 – Soy Abundance of Health Hazards ... <http://www.mayanmajix.com/soy01.html> .

- It was a **1994 meta-analysis** by Mark Messina that fueled **False** speculation that soy had **anti-carcinogenic properties**, published in **Nutrition and Cancer**.43. (and yet, it is this very same paper that proves Soy has been "**known**" in scientific community ... to be carcinogenic **and Cytotoxic** for over 40 years ... causes DNA - Chromosome damage for more than 25 years ... causes infertility for 50 years ... thyroid damage for 70 years ...
- **Cytotoxic** ... toxic to cells, Any agent or process that **kills cells**, as Chemotherapy, radiation , Webster's New World Medical Dictionary ... <http://www.medterms.com/script/main/art.asp?articlekey=19883>.

Page 55

★★★★, ★★★★★, ★★★★★, ★★★★★ - **Thymic and immune abnormality**

"**Soy Weakens Your Immune System**" ... <http://www.soyonlineservice.co.nz/04immunefunction.htm> .

"**Soy Weakens Your Immune System**" ... <http://www.mercola.com/2002/jun/8/soy.htm> ... June 8, **2002**

Dr. Mercola's Comment ... "It is quite amazing that this study was actually published, as the findings were quite negative for Soy, and yet it was funded by the United Soybean Board and the Illinois Council on Food and Agricultural Research ."

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12032332&dopt=Abstract&itool=iconpmc .

2002 "The phytoestrogen genistein induces thymic and immune changes: a human health concern ?," – *Yellayka S. and others, Proc Natl Acad Sci USA 2002 May 28;99(11):7616-21. Department of Veterinary Biosciences, University of Illinois, Urbana, IL 61802, USA.*

- ★ ☹ ★ — Genistein injections in ovariectomized adult mice produce dose-responsive decreases in **thymic** weight of up to 80%. Genistein decreased thymocyte numbers up to 86% and doubled apoptosis.
- There was a corresponding reduction in splenic cells. **The does that caused significant thymic and immune changes in mice was comparable to those reported in soy-fed human infants.** "These results raise the possibility that serum genistein concentrations found in soy-fed infants may be capable of producing thymic and immune abnormalities, as suggested by previous reports of immune impairments in soy-fed infants."

Page 10 and bottom of page 36

★★★, ★★★, ★★★, ★★★ -- **Soy has glycosides of genistein and daidzein that mimic estrogen**

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9217716&dopt=Abstract .

1997 “Exposure of infants to phyto-oestrogens from soy-based infant formula,” – *Setchell K.D., Zimmer-Nechemias L., Cai J., Heubi J.E., Lancet. 1997 Jul 5;350(9070):23-7., Clinical Mass Spectrometry Center, Children’s Hospital Medical Center, Cincinnati, Ohio, 45229, USA.*

— **INTERPRETATION:** glycosides -- **genistein & daidzein** -- plant based chemicals in soy that mimic estrogen.

★ ☹ ★ — The daily exposure of infants to isoflavones in **soy infant-formulas is 6-11 fold higher** on a body-weight basis than the dose that has hormonal effects in adults consuming soy foods.

--- Circulating concentrations of isoflavones in the seven infants fed soy-based formula were 13000-22000 times higher than plasma oestradiol concentrations in early life, and may be sufficient to exert biological effects, where as the contribution of isoflavones from breast-milk and cow-milk is negligible.

Mercola’s Comments ... <http://www.mercola.com/2002/jun/8/soy.htm> .

- The abstract above shows that **Soy** has glycosides of **genistein** and **daidzein** or **plant based chemicals that mimic estrogen**. They possess a wide range of hormonal and non-hormonal activities. The daily exposure of infants who consume soy formulas was **6-11 times higher** than adults consuming soy foods..
- The blood concentration of these hormones was **13,000 to 22,000 times higher** than estrogen in the blood. The authors of this article speculate that this concentration may be sufficient to exert biological effects, whereas the contribution from breast-milk or cow-milk is negligible.
- **Soy formula is one of worst foods you could feed your child.** Not only does it have profoundly adverse hormonal effects as discussed above, but it also has over 1,000 % more aluminum than conventional milk based formulas

Risks versus Benefits



Page 80

breast cancer patients should be **informed** that

★★★, ★★★, ★★★, ★★★, ★ - **phytoestrogens have the potential to stimulate tumor growth**

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12089239&dopt=Abstract .

2002 “Safety Issues of Soy Phytoestrogens in Breast Cancer Patients,” — *de Lemos M., J Clin Oncol, Volume 20(13), July 1, 2002, 3040-3041. Vancouver, BC Canada*

-- **Risks versus Benefits ... breast cancer patients should be informed that phytoestrogens have the potential to stimulate tumor growth.**

-- <http://www.jco.org/cgi/content/full/20/13/3040> ... **Safety Issues of Soy Phytoestrogens in Breast Cancer Patients**

Mário de Lemos

Vancouver, British Columbia, Canada

To the Editor:

★ ☹ ★

— The results of Van Patten et al¹ confirmed previous findings² that soy phytoestrogens have minimal efficacy for menopausal symptoms in breast cancer patients. **However, I am concerned that patients in neither study were apparently (((not))) informed of the potential stimulatory effects of phytoestrogens on breast tumor.**³ Similar omission would have raised ethical concerns if pharmaceutical drugs were involved.

— At concentrations below 10 Φmol/L, phytoestrogens can stimulate breast tumor growth⁴⁻¹⁵ and antagonize the antitumor effects of tamoxifen,^{7,9} particularly in an environment of low endogenous estrogen.^{3,11} In contrast, phytoestrogens inhibit breast tumor growth and enhance the antitumor effects of tamoxifen at concentrations above 10 Φmol/L.^{5,6,8,9,11} In humans, serum phytoestrogen concentrations attained after acute or chronic intake of phytoestrogens were much lower than 10 Φmol/L.^{1,16,17}

★ ☹ ★

— **Without long-term human data, cancer risk assessments need to be cautious and assume that substances that promote tumor growth in preclinical studies may pose similar risks clinically.**¹⁸ Hence, to weigh the potential **risks versus benefits** before using phytoestrogens for unproven indications, breast cancer patients should be informed that phytoestrogens have the potential to stimulate tumor growth.

Mário de Lemos

.../ 16

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(?. Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Page 42

★★★★, ★★★★★, ★★★★★, ★★★★★ -- **DNA strand breaks - infantile acute leukemia (IAL)**

- <http://www.soyonlineservice.co.nz/04immunefunction.htm> .

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10086720&dopt=Abstract .

1999 “Infantile leukemia and soybeans—a hypothesis,” –

Abe T., Leukemia 1999 Mar;13(3)317-20.,

★ ☹ ★ — Genistein from soybeans contributes to **DNA strand breaks** and may be “largely responsible” for **infantile acute leukemia**.

— Recent molecular-genetic studies have revealed that in the majority of patients with **secondary leukemia** induced by topoisomerase II (topo II) inhibitors and also with **infantile acute leukemia (IAL)**, the breakpoints are clustered within scaffold attachment regions (SARs) of 3'-MLL-bcr near exon 9.

--- **Genistein, abundant in soybeans**, is reported to be a potent nonintercalative topo II inhibitor.

— **It interferes with the break-reseal reaction** of topo II by stabilizing a cleavable complex, which in the presence of detergents, results in **DNA strand breaks**. The present study revealed that genistein induced chromatic-type aberrations, in which chromatid exchanges **are often observed**.

★ **Dangers of Soy Based Pet Foods – Your Pets ...** <http://www.soyonlineservice.co.nz/04yourpets.htm> .

★ **Dangers of Soy Based Pet Foods – Your Pets ...** <http://www.soyonlineservice.co.nz/04yourpets.htm> .

The pages include a large collection of scientific abstracts, in NCBI, on a **variety** of animals, domestic and wild life

Many problems have been highlighted and recognized as being related to feeding soy based products to our birds. The above examples are only a few extracts of many related reports from many different sources. Although they are all very disturbing the Soy problems relating to the retarding effect on the reproduction/fertility systems of birds is causing the most concern as it appears to be irreversible. It seems bizarre that so many bird products currently in use are Soybean based even though many of the effects have been known and reported for some time now. Wild life preservation programmes have also employed Soybean products and supplements for adult animals and birds as well as infant feeds for cats and parrots etc. It is established clearly that all soy foods contain toxic substances causing chronic poisoning and endocrine system disruption at very low levels, This effects all forms of life that we feed it to including our own infants.

.....

Who is Justine Butler ?? ?? ?? ??.

"Oh what a tangled web we weave when first we practice to deceive" . <http://www.quotationspage.com/quote/27150.html> .

“... All **Truth** Passes Through 3 phases: **first** it is ridiculed; **next** it is violently opposed; and **finally** it is accepted as self evident ...”, by the German philosopher Arthur Schopenhauer.

The weed of crime bears bitter fruit. Does the soy industry and all of its supporters really think they'll all get away with it ?? . Do they really think We wouldn't know ??.

Einstein said, “... the world is a dangerous place to live in, **not** because of the people who are evil, but **because** of the people who don't do anything about it ...” <http://en.thinkexist.com/> .

Rotten to the Core - Corporate Dishonesty Officially Promoted ... Feb. 21, 2002,

by Frank Easterbrook & Daniel Fischel ... <http://lists.essential.org/pipermail/corp-focus/2002/000105.html> ... **who are University of Chicago law professors who believe that, when it comes to making profits, nothing – not even the law -- should stand in the way.** Also, read about it pages 110 - 112 in my Soy research paper ... Soy – Abundance of Health Hazards.

... this space reserved for lost abstract

False Nutritional Beliefs

Continued ...

Brain and Nervous System Damage

★ ★ ★

"Frying The Brain With Soy"

The Kiss of Death

OR

How to create a infinite number of broken ♥ Heart's

Includes Manganese - **Deadly Neuro-toxin** / poison ... you & your baby at risk

First 2 abstracts on this page, and the next pages to 67, demonstrate Soy's real hazards to the Brain and Nervous system from "placenta transfer to the foetal brain of the fetus in the womb" ... to the newly born baby ... into childhood, even on to late adulthood, (Also see thyroid problems). Soy's connection to "Alzheimer's and Parkinson's Disease, M.S., and ADD / ADHD" is because genistein in Soy damages the "Myelin Sheath" that surrounds the nerves, spinal cord and brain cells, and it also lowers cholesterol ... (The danger is that Soy can & does lower cholesterol, but too far for the proper development and "SUSTAINED" health of the myelin sheath), pages 63 – 67.

"Soy - Abundance Of Health Hazards" ... <http://www.mayanmajix.com/soy01.html> .

See pages 63 – 67 ... 42, 44 - 46, 49, 53, 55, 88, 90, 92, 94

★ ☹ ★

Page 63

★★★★, ★★★★★, ★★★★★, ★★★★★ -- significant reductions were found in brain-derived neurotrophic factor (BDNF) mRNA expression in the CA3 and CA4 region of the hippocampus and in the cerebral cortex in the rats fed the diet containing phytoestrogens, compared with those on the Soya-free diet.

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12566171&dopt=Abstract .

2003 "Soya phytoestrogens change cortical and hippocampal expression of BDNF mRNA in male rats," – *File SE, Hartley DE, Alom N, Neurosci Lett 2003 Feb 27;338(2):135-38., Psychopharmacology Research Unit and Biochemical Neuropharmacology Group, Centre for Neuroscience Research, King's College London, Hodgkin Building, Guy's Campus, SE1 1UL, London, UK.*

★ ☹ ★ — Adult male hooded Lister rats were either fed a diet containing 150 microg/g soya phytoestrogens or a soya-free diet for 18 days. This concentration of phytoestrogens should have been sufficient to occupy the oestrogen-beta, but not the oestrogen-alpha, receptors. Using in situ hybridisation, significant reductions were found in brain-derived neurotrophic factor (BDNF) mRNA expression in the CA3 and CA4 region of the hippocampus and in the cerebral cortex in the rats fed the diet containing phytoestrogens, compared with those on the soya-free diet. No changes in glutamic acid decarboxylase-67 or glial fibrillary acidic protein mRNA were found. This suggests a role for oestrogen-beta receptors in regulating BDNF mRNA expression.

Page 63

★★★★, ★★★★★, ★★★★★, ★★★★★ -- BDNF mRNA is reduced in the human Alzheimer's disease hippocampus and temporal cortex, and suggest that a loss of BDNF may contribute to the progressive atrophy of neurons in Alzheimer's disease.

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9387865&dopt=Abstract .

1997 "Brain-derived neurotrophic factor is reduced in Alzheimer's disease," – *Connor B, Young D, Yan O, and others., Brain Res Mol Brain Res., 1997 Oct3;49(1-2):71-81., Department of Pharmacology, Faculty of Medicine and Health Science, University of Auckland, New Zealand.*

★ ☹ ★ — Alzheimer's disease may be due to a deficiency in neurotrophin protein or receptor expression. Consistent with this hypothesis, a reduction in BDNF mRNA expression has been observed in human post-mortem Alzheimer's disease hippocampi. To further investigate this observation, we examined whether the alteration in BDNF expression also occurred at the protein level in human post-mortem Alzheimer's disease hippocampi and temporal cortices using immunohistochemical techniques. We observed a reduction in the intensity and number of BDNF-immunoreactive cell bodies within both the Alzheimer's disease hippocampus and temporal cortex when compared to normal tissue. These results support and extend previous findings that BDNF mRNA is reduced in the human Alzheimer's disease hippocampus and temporal cortex, and suggest that a loss of BDNF may contribute to the progressive atrophy of neurons in Alzheimer's disease.

.../ 18

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

More False Nutritional Beliefs

Continued ...

Frying The Brain With Soy

The Kiss of Death

Continues ...

Baby Deaths From Soy Infant-Formula



Manganese - Deadly Neuro-toxin / poison ... you & your baby at risk

1999 ... FDA scientist Dr. Daniel Sheehan said –putting Soy in our food is a large - uncontrolled - unmonitored – (non-consenting) **experiment on infants**

Did you know - Israel - Switzerland - U.K. - New Zealand
have all issued statements against the use of soy formula for babies.

Page 51, 52

Israel ... Health Ministry probing possible Baby Deaths From Soy Infant-Formula ... Nov 7, 2003

<http://www.haaretz.com/news/health-ministry-probing-possible-baby-formula-deaths-1.104844> ...

- **3 babies die from brain damage ... 7 babies hospitalized with severe brain damage, investigation finds an additional 17 infants suffering similar problems over last 6 months.**
- On Friday, the Health Ministry called for an immediate halt to use of Remedica soy-based baby food, after ministry officials viewed initial findings of an investigation on the recent hospitalization of several babies who suffered brain damage.
- In addition, the ministry ordered the product be pulled from store shelves by Sunday, and ordered all state-run daycare centers to cease from using the soy-based baby formula.

55 members from 26 countries in the [European region of the International Baby Food Action Network \(IBFAN, a network of over 200 groups in 100 countries\)](#) have heard with concern and sadness the reports of the tragedy of the baby deaths occurring in your country, Israel. This appeared to be related to feeding of babies with infant formula imported from Germany by Remedica, which is partly owned by the US Company Heinz.

Sept. 2000 ... Soy Alert - Manganese Madness and Soy Infant Formula – by David Goodman, PhD

http://www.ndmnutrition.com/soy%20alert%2F_manganese%20madness .

Soy formula contains up to 200 times the manganese of breast milk

“The brain undergoes a tremendous proliferation of neurons, dendrites and synapses during the first months of life. Some neurons will be pruned during childhood for maximum information efficiency,” said Crinella. “The brain is especially vulnerable in early life precisely because such rampant growth is taking place, and at that time intrusions by potentially toxic substances like manganese perturbing the emerging neural organization can exert long-term effects. [Manganese ingested during a period of rapid brain growth and deposited in the critical basal ganglia region](#) may affect behavior during puberty when powerful stresses are unleashed on the dopamine neurons and altered behavioral patterns appear.” According to Crinella, these [altered behavioral patterns during late childhood and early adolescence](#) may be diagnosed as hyperactivity with attention deficit disorder, ADD.

June 13, 2001 ... <http://articles.mercola.com/sites/articles/archive/2001/06/13/soy-formula-part-one.aspx> ... references

New research suggests **high concentrations of Manganese found in soybean-based baby formula can lead to brain damage in infants and altered behaviors in adolescents.**

Dr. Francis Crinella, clinical professor of pediatrics at UC-Irvine, and Trinh Tran, a graduate researcher at the UC-Davis Department of Animal Studies, have described how the soybean plant lifts up manganese in the soil and concentrates it so that its use in soy-based infant formula can result in as many as **200 times the level found in natural breast milk.**

These and other experts believe that such high concentrations could pose a threat to the immature metabolic systems of babies up to 6 months of age.

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Frying The Brain With Soy

The Kiss of Death

Baby Deaths From Soy Infant-Formula

... Continued ...

Manganese - Deadly Neuro-toxin / poison - you & your baby at risk

Manganese - The Most Dangerous Toxin that Almost No One Knows About ... 2005

. <http://www.sixwise.com/newsletters/05/11/30/the-most-dangerous-toxin-that-almost-no-one-knows-about.htm> .

Soy infant formula: Soybean plants may take in manganese from the soil and concentrate it. Soy formula may have 200 times the manganese level found in breast milk, which can lead to brain damage in infants and behavioral changes in adolescents, according to Dr. Francis Crinella, clinical professor of pediatrics at UC-Irvine, and Trinh Tran, a graduate researcher at the UC-Davis Department of Animal Studies.

Soy Toxins - There's plenty yet that you didn't know about soy!

... <http://www.soyonlineservice.co.nz/03toxins.htm> .

The soybean plant has the ability to absorb **manganese** from the soil and concentrate it to an extent that **soy-based infant formulas can contain as much as 200 times** the level of manganese found in natural breast milk. In babies, excess manganese that cannot be metabolised is stored in body organs. Around **eight %** of the excess manganese in the diet is stored in the brain in close proximity to the dopamine-bearing neurons responsible, in part, for adolescent neurological development.

The implications are that the one in 8 infants raised on soy formula during the first 6 months of life may be at risk of brain & behavioural disorders that do not become evident until adolescence

Soy may present an increased risk of adverse neurological effects if used as a sole source of nutrition

. <http://www.ncbi.nlm.nih.gov/pubmed/15047678> .

2004 **“Manganese content of soy or rice beverages is high in comparison to infant formulas,”**– Cockell KA., Bonacci G., Belonje B., *J Am Coll Nutr.* 2004 Apr;23(2):124-30., Nutrition Research Division, Bureau of Nutritional Sciences, Food Directorate, Health Canada, Ottawa, Ontario, **Canada**.

OBJECTIVE: Well-meaning but inadequately informed parents may perceive plant-based beverages such as **soy beverages (SB) or rice beverages (RB) as an alternative to infant formula**.

Manganese (Mn) is an essential mineral nutrient found at high levels in plants such as soy and rice. Excessive Mn exposure increases the risk of **adverse neurological effects**.

Conclusions: SB/RB should not be fed to infants because they are nutritionally inadequate and contain Mn at levels which **may present an increased risk of adverse neurological effects if used as a sole source of nutrition**.

Pregnant Women Should Not Eat Soy Products - Manganese ... 1999, 2008 ... increased - breast cancer risk

... <http://articles.mercola.com/sites/articles/archive/2008/01/02/pregnant-should-not-eat-soy.aspx> .

A high estrogenic environment in utero may increase subsequent breast cancer risk. It was therefore determined whether a maternal exposure during pregnancy to the **phytoestrogen** genistein, which exhibit estrogenic activities **in vitro and in vivo**, alters **breast cancer risk** among female offspring. The results indicate that in utero exposure to genistein, dose-dependently increased the incidence of breast tumors, when compared with the controls. The number of estrogen receptor binding sites was significantly elevated in the mammary glands of **genistein** offspring.

Oncol Rep 1999, Sep-Oct;6(5):1089-95

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Baby Deaths From Soy Infant-Formula

Soy -- The Kiss of Death !!

Continued ...

This letter below refers to [the soy Israel baby deaths story on page 18](#), top link

This letter below is to the [Israel Health Ministry](#) and refers to the 1st link [on page 18 above](#) – about 3 babies who **died** of brain damage **and** at least 24 others who developed **severe neurological damage** from soy infant formula in Nov. **2003**

Soy Information Service

PO Box 3285, Onerahi,
Whangarei
NEW ZEALAND

Ph: 64 9 434 0564
Fx: 64 9 434 0567
webmaster@soyonlineservice.co.nz

December 10 2003.

By Email. And by Airmail with Enclosures

Mr. Izhak Abraham,
YEHDAT HONAA - MERKAZ
HERZEL street NO: 80
RAMLA 72406
ISRAEL

Dear Mr. Abraham,

ISRAEL INFANT DEATHS ASSOCIATED WITH SOY INFANT FORMULAS

We advise scientists from many countries. These scientists have been trying for a decade to have soy infant formulas withdrawn... or at the very least labelled with correct warnings. Thus the news of Israeli babies being harmed or killed by such products was very distressing. Even one child hurt by a commercial product is one too many, and we extend our sympathy to the bereaved parents.

In New Zealand, ill-effects from such products led to a very comprehensive examination of soy formulas, and of soy protein, by very reputable scientists. They found damaging levels of natural soybean poisons carrying into soy infant foods. It does not matter if they are regular or kosher, as the problem is inadequate processing of the soy protein. Some of these toxins were being addressed in a haphazard way by adding corrective substances... e g iodine was added due to an epidemic of goitres in the **1960s**, but the goitrogens themselves were not removed. Minerals were added to overcome phytic acid. Vitamin B1 was added and so on. The Senior Toxicologist at the Auckland University Medical School (Dr I G C Robertson) found this to such risky "juggling" that, when reviewing the scientific results, he wrote "I can see no good reason why anyone would continue with general sales of such products" **(2)** (October **1994**)

Over the ensuing years several expert committees have reached the same conclusion. For example this year --Feb **2003** -- the **UK Government Scientific Advisory Committee-Nutrition** reported in page 13 of <http://www.food.gov.uk/multimedia/pdfs/2003-03.pdf>

" Based on the evidence cited, SACN is in agreement that the use of soy-based infant formulae is of concern. While there is clear evidence of potential risk, there is no evidence that these products confer any health benefit"

" The issue appears to be one of consumer choice, but there must be an onus on industry to better inform the general public, and secondly through a health professional, parents actually using these products to feed their infants" (3)

To date, **2003**, (including up to **2010**) no "industry" has done anything to directly inform either parents or health professionals.

[S.O.S. Letter continues on next page ...](#)

Baby Deaths From Soy Infant-Formula

Soy -- The Kiss of Death !!.

Continues ...

S.O.S. Letter continues from bottom of [page 20](#) above

Heinz Corporation is a maker of soy formulas sold in many countries under varying brand names. It was definitely made fully aware of the **1994** New Zealand findings. When its New Zealand executives refused to act to protect their customers, Dr A J F O'Reilly, Chief Executive and a major shareholder of Heinz, was contacted personally. As can be seen from the letter written on **24/8/1994 (1)** by Mr Benjamin E Thomas, Corporate Secretary and Associate Corporate General Legal Counsel, Dr O'Reilly was to be kept informed by his executives in New Zealand and the UK. After a couple of years of informing Heinz, it was obvious to Soy Information Service that neither the Corporation nor Dr O'Reilly was at all interested in the wellbeing of infants using their infant formulas, so Soy Information Service ceased informing them.

However, we know that in subsequent submissions to food-safety regulators in Australia, New Zealand and the UK. Heinz made submissions supporting soy formulas

Now, in Israel, the "unnecessary juggling" that worried Dr Robertson has gone wrong. Deaths and serious injury have resulted. Our Israeli associates tell us that prosecutions will occur. The trail of responsibility, if a prosecution occurs, leads right to top-most executives of Heinz Corp including Dr O'Reilly himself. They have been informed of these risks for almost a decade, and have completely disregarded the welfare of infants, Israeli and others. We hope you proceed against the top people and not just against a lower-level employee

Yours Sincerely,

Richard F James MBA LLB,

For - Soy Information Service www.soyonlineservice.co.nz

The following is the footnote to the letter above:

The UK Scientific Advisory Committee on Nutrition (SACN) on Phytoestrogens and Health

<http://www.food.gov.uk> -- concluded in paragraph 20.

"Based on the evidence cited in the report, SACN is in agreement that the use of soy-based infant formulae is of concern. Whilst there is clear evidence of potential risk, there is no evidence that these products confer any health benefit or therapeutic advantage over products based on cow's milk protein isolates. Risk management steps are more difficult. The recommendation for use if clinically indicated is inappropriate, firstly on the grounds that there are no substantive medical or clinical indications for the use of soy-based formulae and, secondly on grounds of potentially important sequelae, principally amongst young infants. If the use of soy-based formula is to continue on "clinical" grounds, responsibility is placed upon health professionals rather than the industry & consumers. The issue appears to be one of consumer choice, but there must be an onus on industry to better inform firstly the general public and, 2nd, through a health professional, parents actually using these products to feed their infants."

Information on the [Lawsuit against the Soy Industry](#) see [pages 119 – 121](#) in ... [Soy – Abundance of Health Hazards](#).

Who is Justine Butler ?? . So much for her bold statements "[no evidence of harm](#)" and "[Vegetarian diets](#)" are safe !!. Her bold statements fit the Legal Definitions of [Fraud](#) and [Criminal Gross Negligence](#) and [others](#), found here [on pages 87 – 89](#)

"Oh what a tangled web we weave when first we practice to deceive" . <http://www.quotationspage.com/quote/27150.html> .

So, in light of this and a lot more information on the dangers of soy, I highly recommended ... **in order to protect yourself and the ones you ♥ Love ... read the ingredient labels on all the food you buy, and if you find soy, flax, canola, cottonseed oil, or MSG as an ingredient, simply switch brands to avoid them !!**. Vote with your pocket book.

★ The life you save just might be the life of the one you ♥ Love the most.

Page 50

★★★, ★★★, ★★★, ★★★ -- **Humans are affected at lower doses than rodents.**

"In vivo data show that phytoestrogens have a wide range of biologic effects at doses and plasma concentrations seen with normal human diets. Significant in vivo responses have been observed in animal and human tests for bone, breast, ovary, pituitary, vasculature, prostate, and serum lipids."

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11250801&dopt=Abstract .

2001 "Cross-species and interassay comparisons of phytoestrogen action," – *Whitten P.L., Patisaul H.B., Environ Health Perspect 2001 Mar;109 Suppl 1:5-20., Department of Anthropology, Emory University, Atlanta, Georgia 03022, USA.*

★ ☹ ★

Humans are affected at lower doses than rodents.

– **This paper compiles animal and human data on the biologic effects and exposure levels of phytoestrogens in order to identify areas of research in which direct species comparisons can be made. "In vivo data show that phytoestrogens have wide range of biologic effects at doses & plasma concentrations seen with normal human diets -- Significant in vivo-responses have been observed in animal and human tests for ... bone ... breast ... ovary ... pituitary... vasculature ... prostate ... and serum lipids."**

– The doses reported to be biologically active in humans (0.4--10 mg/kg body weight/day) are lower than the doses generally reported to be active in rodents (10--100 mg/kg body weight/day), although some studies have reported rodent responses at lower doses.

– **The similarity of reported proliferative and antiproliferative doses** illustrates the need for fuller examination of dose-response relationships and multiple end points in assessing phytoestrogen actions.

Page 51 ... Soy -- Low Dose Toxic Exposure

★★★, ★★★, ★★★, ★★★ -- the results were additive ... joint action of estrogenic chemicals lead to

significant underestimations of risk ... ★ ☹ ★... ★ ☹ ★... ★ ☹ ★

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11993873&dopt=Abstract .

2002 "Something from "nothing" - 8 weak estrogenic chemicals combined at concentrations below NOECs produce significant mixture effects," – *Silva E. and others, Environ Sci Technol 2002 Apr;36(8): 1751-6., Centre for Toxicology, Depart. of Pharmacology, The School of Pharmacy, University of London.*

★ ☹ ★

— **Xenoestrogens including genistein** were tested in combinations. **Results were additive - producing significant effects when combined at low concentrations.** "We conclude that estrogenic agents are able to act together to produce significant effects when combined at concentrations Below their NOEC's. Our results highlight the limitations of the traditional focus on the effects of single agents. **Hazard assessments that ignore the possibility of joint action of estrogenic chemicals will almost certainly lead to significant underestimations of risk."**

★★★, ★★★, ★★★, ★★★ -- Poor cognitive test performance ... low brain weight ... brain atrophy.

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10763906&dopt=Abstract .

2000 "Brain aging and midlife tofu consumption," – *White L.R., Petrovitch H., Ross G.W., & others, J Am Coll Nutr. 2000 Apr;19(2):242-55., National Institute on Aging, NIH, USA.*

★ ☹ ★

RESULTS: Poor cognitive test performance ... enlargement of ventricles ... **low brain weight** ... were each significantly & independently associated with **higher** mid-life tofu consumption.

— A similar association of midlife tofu intake with poor late life cognitive test scores **was also observed among wives** of cohort members, using the husband's answers to food frequency questions as proxy for the wife's consumption.

— Statistically significant associations were **consistently demonstrated** in linear and logistic multivariate regression models.

CONCLUSIONS: In this population, higher midlife tofu consumption was independently associated with indicators of **cognitive impairment** and **brain atrophy** in late life.

By just barely scratching the surface of this iceberg of the scientific knowledge about the dangers of soy, anyone can see (?.Dr.) Justine Butler is lying about soy and lies like they are killing people every day, all around the world. By the way, who is she any way ?? What else can we easily find that proves she is very wrong ?? **This is not rocket science any more !!.**

Tobacco (including eating **soy**) - the number one preventable causes of death and disease **!!**.
Why **??**. Because not everyone smokes, but **everyone eats**, the last I heard of, anyway **!!**.

More Than 600,000 People Killed by Second Hand Smoke

. http://www.msnbc.msn.com/id/40375800/ns/health-health_care/ .

(**Nov. 25, 2010**) More than 30 % of non-smoking men and women regularly breathe in second-hand smoke. In the first look at the global impact of second-hand smoking, researchers analyzed data from **2004** for 192 countries. They found **40 % of children** and more than 30 % of non-smoking men and women regularly breathe in second-hand smoke.

Scientists then estimated that per year, passive smoking causes about ...

379,000 deaths from heart disease	36,900 deaths from asthma
165,000 deaths from lower respiratory disease	21,400 deaths from lung cancer

Altogether, those account for about 1 percent of the world's deaths. The study was paid for by the Swedish National Board of Health and Welfare and Bloomberg Philanthropies. It was published Friday in the British Medical Journal Lancet.

"This helps us understand the real toll of tobacco," said Armando Peruga, a program manager at the [World Health Organization's Tobacco-Free Initiative](#), who led the study. He said the approximately **603,000 deaths** from second-hand smoking **should be added** to the **5.1 million deaths** that smoking itself causes every year.

Second-hand smoke has its biggest impact on **women**, killing about 281,000. In many parts of the world, **women** are at least 50 % more likely to be exposed to **second-hand smoke** than men. Peruga said WHO was particularly concerned about the **165,000 children who die** of smoke-related respiratory infections, mostly in Southeast Asia and Africa.

So, Why Are We Not Also Counting the Number of Women, Babies & Children Who are Injure & Killed Each Year From Eating Soy ??.



The **BIG** answer is very simple. It is not politically correct or socially fashionable to look at and to accept the fact that eating soy and soy ingredients in our food injures and kills people each and every year, let alone babies, children, and the unborn fetus. The **side-effects** from eating soy are a much, much bigger problem than smoking, because not everyone smokes but **everyone** eats. This means that health problems related to eating soy are not budgeted for, are not considered important, and are just regarded as and thought of as annoying and incontinent **Externalities**. See the next page for the definition and explanation of **Externalities**.

If properly researched, the information about the deaths from eating soy would greatly dwarfs the smoking figures, when you take into consideration the side-effects passed down through generations. See **Our Stolen Future Website ...** <http://www.ourstolenfuture.org/> ... and ... <http://www.ourstolenfuture.org/NewScience/reproduction/hypospadias/2000northgoldingetal.htm> ... link is also here on page 30

Our Stolen Future shows the scientific discoveries about endocrine disruption and the fact that common contaminants can interfere with the natural signals (hormonal **signals**) controlling development of the fetus. This website tracks the most recent developments.

Beside the soy industry can't make money off of telling people not to eat soy, because there is no money to be made in telling the truth, just a lot of money to be lost, it is bad for business to tell people the truth. On the other hand, we do know how many people die each year from air pollution, water pollution, various toxic chemicals, cancer, and car accidents. **Externalities** are not in their business plan.

Not wanting to test for and/or hiding the test results ... There is same kind of problem of not wanting to know about the dangers of soy for financial reasons as there is with hiding the health effects of the **2010 Gulf of Mexico Oil disaster**. During a US Congressional Investigation into this disaster in July 2010, a Congresswoman asks ... besides testing for oil in fish and seafood in the Gulf of Mexico, are you testing for the toxic dispersants **??**. Answer NO ... **Caught on tape**. (Also see **RBGH story** on page 57, 58.)

Special CNN Report -- Gulf Seafood NOT Tested for Corexit or Any Other Oil Spill Dispersants.

July 8, 2010 ... http://www.youtube.com/watch?v=Fkjin_hG_Sbg&NR=1 ... 21 seconds

July 15, 2010 ... http://www.youtube.com/watch?v=sU9HyHnd0MM&feature=player_embedded ... 4 min ... 24 sec.

As of Dec. 1, **2010**, there are no tests on fish, seafood or wildlife in Gulf of Mexico for the presence of deadly dispersants. .../ **24**

"Externalities"



It is very important to understand the motivation behind the large corporations, governments, the food industry, big pharma and the soy industry-(defined page 1.), for putting and **"allowing"** soy and canola and other toxic & questionable ingredients into our food supply. It is not supply to better our health, but to make as much money as possible, as quickly as possible. In order to do this, they consider people, us, you and me, as **"cash cows"**. If people get hurt along the way, it is not accounted for in their business plan, it basically does not mater because health and environmental problems from their activities are just considered **"Externalities"** ... Also see the 2003 award winning documentary – **The Corporation**, on pages 57, 58.

Page 100

"Externality" ... <http://economics.about.com/cs/economicsglossary/g/externality.htm> ... also called **"just the cost of doing business"** ... is an effect of a purchase or use decision by one set of parties on others who **did not have a choice and whose interests were not taken into account.** For the most part, these activities (the amount of incontinence and pain) are considered crimes by society, and society imposes penalties for committing these crimes to deter and socially sanction those who would violate society's proscrition. In this essay, on page 55 for the definition and information to **Crimes Against Humanity.**

Einstein said, "... the world is a dangerous place to live in, **not** because of the people who are evil, but **because** of the people who don't do anything about it ..." ... <http://en.thinkexist.com/> .

Toxic Load - means the risk is a function of dose length, dose strength, and of the physical condition of the consumer

- "The Dose Makes the Poison: A Plain-Language Guide to Toxicology", 2nd Edition, 1996, M. Alice Ottoboni
- "Chemical Carcinogens", © 1976, by The American Chemical Society,
- "Principles of Toxicology – The Study of Poisons", 1980, by Casarett and Doull,
- "The Basic Science of Poisons", © 2001, Casarett, Amdur, Klaassen, Doull
- "Our Stolen Future", © 1996, Theo Colborn, Dianne Dumanoski, John Peter Meyers

The risks - you encounter when exposed to toxic chemicals, and foods, depend on a number of factors including ...

- 1.) the toxicity of the chemical,
- 2.) the degree and form of exposure
- ★ 3.) your age,
- ★ 4.) state of your health during exposure,
- 5.) your genetic susceptibility,
- 6.) your exposure to other toxics, including Pesticides, GMO, Fluoride, etc. (**Multiple Toxic Exposures, M.T.E.**)

The Milgram Experiment



Corporations know that whether society imposes or does not impose penalties is determined largely by factors revealed in the infamous 1963 Milgram experiment which suggests that humans will follow authority's beckon, even to the point of killing another person ... http://www.truthdig.com/eartothe-ground/item/20081219_milgram_experiment_revisited/ ... **The Milgram Experiment Revisited, Dec. 19, 2008**

Decades after the notorious experiment, scientists have found test that subjects are still willing to inflict pain on others - if told to - by an authority figure. US researchers repeated the famous **"Milgram test"**, with volunteers told to deliver electrical shocks to another volunteer - played by an actor. Even after faked screams of pain, **70%** were prepared to increase the voltage, American Psychology study found. Both may help explain why apparently ordinary people (and corporations) can commit atrocities (and lesser crimes and environmental damage).

Soy, the *Deadly* Stealth Ingredient

(((The Swindler Worked Under Various Aliases)))



Please support responsible food manufactures by always reading the ingredient labels on all of the foods you buy. This will help create a safe food supply, and give more safe food choices to you, the ones you ♥ Love and cancer patients.

Soy is found in thousands of ... processed ... canned ... frozen ... junk foods ... Vitamins ... Minerals ... cleaning products ... Make-up, personal care products ... Non food uses ... Prescription & over the counter medications ... etc

Soy Aliases – False Names

If soy is not harmful, then why does the food industry Fight so hard to keep soy hidden ?? . Money, Money, Money !! . The Food industry is a subdivision of, (controlled by), the pharmaceutical industry - the masters of deception.

Akara	Isoflavones	Textured soy flower (TSF)
Albumin	Lecithin (could be from soy or other)	Textured Plant protein (TVP)
Emulsifiers (soy if unspecified)	Mono- and di-glycerides	Textured vegetable protein (TVP)
Flavorings ... natural and artificial	MSG (mono sodium glutamate)	Thickeners, Fillers, Emulsifiers for juice
Gum Arabic	Protein (not specified)	Vegetable broth, gum, paste
Guar Gum	Isolates (soy if not specified)	Vegetable oil
Hydrolyzed soy protein (HSP)	Mixed tocopherols	Vegetable protein
Hydrolyzed vegetable protein (HVP)	Protein isolates (could be soy or whey)	* Vitamin E in liquid capsules, liquid is soy oil
Hydrolyzed plant protein (HPP)	Stabilizers, Fillers, Binders	The E is added to the soy oil

Bouillon broth, cubes	Flavoring, natural and artificial	Pet foods
Bulking agents	- even if the flavor is listed	Pesticides – soy oil helps them stick better
Carob	Margarine ... Mayonnaise	Pizza ... soy flour in pizza Dough, soy in sauce
Cleaning products	Non-stick food sprays ... as Crisco, Pam	Tuna - in vegetable oil ... buy to - packed in water
Coffee – instant	Non-stick coatings on kitchen pots and pans	Restaurants ... regular and fast food
	* Personal care products ... make-up, cosmetics, lotions, shampoos, toothpaste, shaving cream, etc.	

Soy is a common ingredient in many Asian cuisines, and may be identified by its name in other languages.

Bean curd	Kourdoфу	Okara	Soya	Tempeh
Bean sprouts (soy type)	Miso	Olean	Soybean (curds, granules)	Tofu (dofu, kori-dofu)
Edamame (fresh soybeans)	Natto	Shoyu sauce	Teriyaki sauce	Tofutti
Kinako	Nimame	Soy sauce	Tamari	Yuba

Surprising Non-Food Soybean Products ... Oct. 22, 2010

<http://foodallergies.about.com/od/soyallergies/a/Surprising-Non-Food-Soybean-Products.htm>

Around the Home

Artificial fire logs	Inks and Toners
Candles	Pet food
Carpet backing	Synthetic fabrics
Cleaning products	Crib mattresses
Air fresheners / deodorizers (spray type and candle type are very bad for the lungs.)	

In the Medicine Cabinet

Cosmetics	Soaps
Hand sanitizer	Medications
Lotion	Vitamins, supplements
Shampoo & conditioner	

In the Toy-box

Crayons
Modeling dough
Puzzles, games, or board books printed with soy-based inks
Stuffed animal filling

Industrial ... Auto ... Building ... Garden Supplies

Diesel additives	Plastics	Spray foam insulation
Engine oils & lubricants (high temp. use)	Solvents: paint stripper, graffiti remover	Stains and sealers
Fertilizer	Soy in bio-diesel (polluting the air)	Waxes
Flexible Foam - used in furniture padding		* Ingredient in Wood preservatives – garden landscaping

Insecticides and Fungicides ... <http://foodallergies.about.com/b/2010/09/24/poison-apple-organic-fruit-and-soy-allergies.htm> ...

Foods with Lots of Soy Are Also Found in Hospitals and in Cancer Clinics

Up to 90 % of foods in Hospitals feed to staff and cancer patients have one or more soy ingredients per food item.

This even includes soy in ready—to--drink canned high protein drinks like **Ensure**, served to cancer patients.

During the early email correspondences I had with Richard James of **Soy Online Service, S.O.S.**, around the year **2000**, he estimated that about 70 % of processed foods, (packaged, canned, etc.), had one or more soy ingredients. Since **1996**, when my wife Deanna-(Deonaa) first found her breast lump, I have seen food ingredient labels change a lot. Now, in **2010**, I would easily raise that earlier estimate to over 90 %.

So, if you were to depend on a list of foods that would say "May Contain soy" or "May NOT Contain soy," these lists will easily and quickly give you a false sense of security, which is what happened to my wife Deanna-(Deonaa) and me, right up to when she died of soy poisoning & breast, bone and liver cancer Dec. 15, **2002**. It turned out to be a **DEADLY** mistake for her from **2001** until she died in **2002 ...** for 2 very important reasons.

- 1.) When food manufactures change ingredients in their product, they are allowed to keep using the same old label (with the old ingredient list) on their product until they use up the old labels, before they put on new product label listing the new ingredients. This could take several months. So, a person with cancer needs to constantly read labels and pay attention to any differences in product appearance, taste, smell, etc. (Book ... Fast Food Nation)
- 2.) Food Label Ingredient lists in any one particular food category will vary a lot from one food BRAND to another. Some communities may have many Food Brands supplying a particular food group, like soups, sailed dressings, while other communities may have few to only one or 2 Food Brands for a particular food group. It all boils down to product competition for shelf space in stores and availability of brands.

So, the safest approach is – to assume all foods have soy, until you find out otherwise, always read food labels. List of Food Group Examples below is just a partial list of foods that will very likely contain one or more soy ingredients per food item.

Some Food and Food Group Examples

Airline foods

Air Fresheners, and candle air fresheners
Almond milk, rice milk ... check the brand
Animal and Farm animal feed ... Bird feed
Asian cuisine (Korean, Japanese, Thai, Chinese)
Baby foods
Bacon bits – Betty Crocker's ... BAC-O Bits
Baked goods and baking mixes ... soy flower, etc.
Bread, pastry ... soy flower & other soy ingredients
Bouillon cubes
Breakfast cereals
Baby formula
Candy, almost all
Candles
Cereal
Chicken broth
Chicken (raw or cooked) that is processed
with chicken broth
Chocolate
Cookies, pastries, pies, cakes
Dairy, yogurt, whipped cream, cheese, etc
Deli meats
Diet foods ... low fat can also mean high sugar
Energy bars, nutrition bars
Food flavorings -- natural and artificial
Gelatin capsules for Vitamins, etc made from soy
Ground meat, hamburger, soy as a filler
Health Food Stores -- foods & package products
Hot dogs

Hospital foods for cancer patients & staff
Ready-to-drink Meal replacement
drinks as ... **Ensure**, etc.
Ice cream
Imitation dairy foods ... soy milk
vegan cheese, ice cream
Imitation Lunch meats, Veggie anything
veggie burgers, veggie dogs
“ chicken patties, etc.
Infant baby formula
Instant mashed potato mix, etc
Jell-O ... Puddings
Junk foods - of every & all types
Kentucky Fried Chicken (secret mix)
Lard
Margarine
Mayonnaise
Meat products, soy flour added as a filler
Meatloaf, burgers, sausages,
hot dogs, fast food rest.
Medications, prescription, and other
Meal replacement drinks, ready-to-drink
Ensure, etc. ... high protein
Minerals ... soy used as a filler & binder
MSG ... is made from soy
Multi – level marketing company products
Nutrition supplements of all types
Peanut butter & peanut butter substitutes

Pet foods, all types ... even from vets
Personal care product, make-up, soap
lip stick, toothpaste, skin care,
shampoos, anti-aging creams
Potato chips, corn chips, snack foods
Prepared packaged foods, Gas stations,
and - in convenience store
Protein powders, high protein drinks
Protein drinks served in hospital to
cancer patients, like **Ensure**
Restaurant food, include French fries
Rice milk, almond milk, check Brand
Salad dressings
Sauces, gravies, and soups
Smoothies ... (protein power added)
Soft drinks, diet beverages, some
have added soy oil, Why ??
Soups
Sports drinks
Store baked chicken, in soy oil
Tuna, canned - in vegetable oil,
choose packed in water
Veggie – code name for added soy
Vegetable oil, and broths
Vitamins ... soy used as filler, binders
Vitamin E in liquid capsules, liquid
is soy oil. (+) Gelatin capsule
made from soy / 27

Think about this for just a moment, for just a moment.

The soy industry, along with the pharmaceutical/drug industry, the mainstream medical system all depend on the financial health, well being and success of the fast food industry and the junk food industry.

“Undeclared soy”

Soy that is not listed on the food ingredient labels or on medication labels

Food manufacturers can be careless and neglect, or purposely neglect to mention soy, or the ingredients have **changed** and the label hasn't caught up to what is currently in the food product ... cross-contamination caused by soy used in other products produced at the same facility ... soy dust in the air from the bulk bins at Health Food Stores ... trace amount of soy that has rubbed off from a variety of cardboard packaging, (food, non food packaging), in which soy protein isolate has been used as a glue ingredient for cardboard boxes.

Cross-reactivity

Soy is a member of the legume family, as are other beans, peas, and peanuts. Most people with soy allergies can safely eat other legumes. Rarely, some people may have reactions to other beans or peanuts. Ask your doctor about allergy testing to determine if you are allergic to other legumes.

Cross-contaminated

These warnings are generally voluntary, so some manufacturers may not include this information, even if there is soy present in their facility. ... "May contain soy" ... produced on shared equipment with soy" ... "produced in a facility that also processes soy"

**WikiLeaks Exposes Pfizer's Strong-arm Tactics to Cover up Deaths of Innocent Children
Dec. 31, 2010**

<http://articles.mercola.com/sites/articles/archive/2010/12/31/pfizer-accused-of-massive-corruption-in-killing-african-children.aspx> .

Mercola's Comment

Will Drug Companies Stop at Nothing to Force Their Greed Even on Innocent Children ??.

I'm totally outraged by this company's total lack of respect for human life. Despite what you might feel about WikiLeaks, in this case, could the publishing of a U.S. diplomatic cable help put a stop to illegal drug trial experimentation with children, and expose the cover-up corruption focused solely on maximizing drug profits?

One of the patterns that make me most angry with multi-national drug corporations is their commitment to the corporate mantra of maximizing profits for their shareholders at any cost, including that of human lives.

Releasing poorly tested drugs, or drugs with "safety data" based on manipulated or **fabricated studies** is bad enough. But despite **The Nuremberg Code**—developed in the aftermath of the medical atrocities that occurred during **World War II**—drug trials sorely lacking in ethics are still conducted all over the world, and usually involve the most defenseless of all: **children**.

The Nuremberg Code provides guidelines to protect human experimental subjects from injury, disability or death. One of its main principles is that **you must obtain voluntary informed consent** from the patient about to be experimented on.

However, the US government offers **compelling incentives to pharmaceutical companies to test new drugs, or drugs previously only approved for adults, on children** (many of which take place in developing countries).

★ Read Justine Butler's reasons why she thinks - **human infants should be experimented on** , here ... on page 60

★ Please support **responsible food manufactures by always reading ingredient labels on all of the foods you buy. This will help create a safe food supply, and give you and the ones you ♥ Love more safe food choices. The life you save just might be the life of the one you ♥ Love the most.**

If you find soy, flax, canola, cottonseed oil, or MSG as an ingredient, simply switch brands to avoid them !!. Vote with your pocket book .

The Harmful Side Effects of "**Low Dose**" Toxic Chemical Exposures – Not Studied ??.



- Most safety tests done for regulatory agencies are not designed to discover whether the "**low dose exposures**" to chemicals, and chemical mixtures that we all experience are safe, particularly during critical periods of fetus and child development. In general, the government demands, and companies conduct, "high dose studies" designed to find gross and obvious toxic effects. In the absence of appropriate low dose tests, chemical & food manufacturers claim safety saying ... no harm at low doses has been conclusively demonstrated - (or even studied.).

"Smokescreen Uncertainty" (and on page 66)

The new Corporate legal language of -- **Scientific Uncertainty ... vs ... "Smokescreen Uncertainty"**.

It is used against disclosure of hidden information in order to Cloud the issues, to Confuse in order to create indecision and delay, so harmful chemicals & foods can stay on the market for as long as possible.

It's all about profits, not safety or health. "**The Precautionary Principle and Corporate Disclosure,**" -- **by Stanford Lewis ... Feb. 20, 1998.** Toronto Corporate Lawyer, providing strategic counseling on corporate accountability to environmental, community, labor organizations .
[. http://www.cpeo.org/lists/brownfields/2000/msg00079.html .](http://www.cpeo.org/lists/brownfields/2000/msg00079.html)

- The metabolism, physiology and biochemistry of a ... **fetus ... infant ... child ...** is fundamentally different from that of an adult. A host of vital organ systems continue to grow & mature from conception throughout childhood. At critical periods of developmental change, these systems are susceptible to the toxic effects of pesticides and toxic chemicals, both individually and "in mixtures." Many organ systems, for example the nervous system and brain, can be permanently, and subtly damaged by exposures to toxic substances in-utero or throughout early childhood that, at the same level, cause no measurable harm to adults (**Jacobson 1996, CDC 1997, NRC 2000**).
- The endocrine (hormone) system & immune system, are perhaps even more sensitive to toxic exposure than the nervous system. Over the past decade, enormous effort has been put into the study of how pesticides and toxic chemicals interfere with normal endocrine signaling & function
- A significant body of animal research now shows that ... "**ultra-low doses**"... of pesticides & toxic chemicals on critical days of development can cause changes in hormone function and have effects on organ development and function that often only appear later in life. A growing number of these studies show that low doses at susceptible moments of development can cause more of an effect than high doses (**vom Saal 1997, Alworth 2002, Hayes 2003**). This is particular to childhood and fetal exposures via food and water where the timing of the exposure is at least as important as dose. **Environmental Working Group, EWG ... <http://www.ewg.org/> .**

Page 51 ... **Soy -- Low Dose Toxic Exposure**

★★★★, ★★★★★, ★★★★★, ★★★★★ -- **the results were additive ... joint action of estrogenic chemicals lead to significant underestimations of risk** ★ ☹ ★ ... ★ ☹ ★ ... ★ ☹ ★
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11993873&dopt=Abstract .

2002 "Something from "nothing" - 8 weak estrogenic chemicals combined at concentrations below NOECs produce significant mixture effects," – *Silva E. and others, Environ Sci Technol 2002 Apr;36(8):1751-6., Centre for Toxicology, Depart. of Pharmacology, The School of Pharmacy, University of London.*

- ★ ☹ ★ — **Xenoestrogens including genistein** were tested in combinations. **Results were additive - producing significant effects when combined at low concentrations.**
"We conclude ... estrogenic agents are able to act together to produce significant effects when combined at concentrations Below their NOEC's limit. Our results highlight the limitations of the traditional focus on the effects of single agents. **Hazard assessments that ignore the possibility of joint action of estrogenic chemicals will almost certainly lead to significant underestimations of risk."**

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
This article ... http://www.mayanmajix.com/soy_2010.pdf .

Page 34

★ ☹ ★ ... ★ ☹ ★ ... ★ ☹ ★

★★★, ★★★, ★★★, ★★★ -- **Disease in all kinds of farm animals ... risk to man cannot be excluded.**

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1387742&dopt=Abstract .

1992 “Validation of Two In Vitro Test Systems of Estrogenic Activities with Zearelenone Phytoestrogens and Cereal Extracts,” – Mayr U., *Toxicology* **1992**;72:135-149., *Institut fur Tierernahrung, Universitat Hohenheim, Stuttgart, Germany.*

— disease ... in all kinds of farm animals ... inherent health risk ... to man cannot be excluded.

— “Ingestion of these compounds causes diseases of the ... reproductive system ... reversible and irreversible infertility ... and abnormal fetal development ... in all kinds of farm animals.

— **Furthermore**, an inherent health risk to man cannot be excluded.” This paper contains graphs showing the crossover of phytoestrogens from estrogenic to antiestrogenic to toxic.

★★★ Soy & Canola -- Are you eating **pesticides** ?? -- Canola oil, soybean oil used as key ingredients in pesticide products ... June 29, 2011 ... http://www.naturalnews.com/032853_canola_oil_pesticides.html .

So, in light of this and a lot more information on the dangers of soy, I highly recommended ... in order to protect yourself and the ones you ♥ Love ... read the ingredient labels on all the food you buy, and if you find soy, flax, canola, cottonseed oil, or MSG as an ingredient, simply switch brands to avoid them !!. Vote with your pocket book.

★ Remember ... The life you save just might be the life of the one you ♥ Love the most. So, also make sure ingredient labels on your vitamins, minerals, medications, pet food, etc., says ... contains no Soy ... or ... no Soy ingredients, etc.

The weed of crime bears bitter fruit. Does the soy industry and all of its supporters really think they'll all get away with it ???. Do they really think We wouldn't know ??? "Oh what a tangled web we weave when first we practice to deceive".

Einstein said, "... the world is a dangerous place to live in, **not** because of the people who are evil, but **because** of the people who don't do anything about it ...” <http://en.thinkexist.com/> .

★★★ **25 Ways To Suppress Truth - The Rules of Disinformation** ... <http://www.proparanoid.net/truth.htm> .

... It is all about the art of being a Disinformation Specialists.

video ... <http://www.youtube.com/watch?v=31UAGPkt9q0> ... 9 minutes ... 11 seconds

... <http://www.proparanoid.net/conspiracy.htm> .

More on page 33 ... Corrupt Science

Who is (? Dr.) Justine Butler anyway ????. Why is a Doctor lying about no harm from eating soy ????.

The Hippocratic Oath – 1st do no harm ... on page 51 and 60 **Legal Definitions**, on pages 87 – 89, in this essay.

* Note - When pharmaceutical companies advertise their drugs in TV commercials, these TV commercials are required to notify, warn, the general public watching of the dangers, negative side-effects, of the adverse medical health hazards they may experience from taking the drug being advertised. There is no such warning to consumers about the many serious and sometimes deadly health hazards from soy and ingredients in our foods supply. Not warning people of the known dangers of soy goes against the **Nuremberg Code**, requiring **informed consent** , (on pages 51 – 55, 60, 73), from the consumer. See the many health hazards listed here on pages 40 top, 41, 73 - 75, 77, 61 - 62 below.

Who is Justine Butler anyway ????. ????.

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(?. Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Soy Health Problems Passed On **Down** To Future Generations Multi-Generational

Birth Defects ... <http://www.soyonlineservice.co.nz/04birthdefects.htm> .



Page 38 ... (See pages 12, 38, 52, 82)

★★★, ★★★, ★★★, ★★★ -- **DNA damage to human sperm** .

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9249928&dopt=Abstract .

1997 "Effect of various genotoxins and reproductive toxins in human lymphocytes and sperm in the Comet assay," – *Anderson D. and others*, *Teratog Carcinog Mutagen* **1997**;17(1):29-43., Department of Genetic and Reproductive Toxicology, BIBRA International, Carshalton, Surrey, United Kingdom.

— **DNA damage to human sperm** ...

— Human sperm exposed to the phytoestrogen daidzein had **reduced DNA integrity**.

--- "The integrity of DNA is necessary not only for the non-cancerous state, but also for the accurate transmission of genetic material to the next generation."

- <http://www.ncbi.nlm.nih.gov/pubmed/10619956> .

2000 **A maternal vegetarian diet in pregnancy is associated with Hypospadias. The ALSPAC Study Team. Avon Longitudinal Study of Pregnancy and Childhood,** *North K., Golding J., BJU International* .. **2000** *Jan*;85(1):107-13., Unit of Paediatric and Perinatal Epidemiology, Division of Child Health, University of Bristol, UK.

OBJECTIVE: To investigate the possible role of the maternal diet, particularly vegetarianism and consumption of phytoestrogens, in the origin of **hypospadias**, which is reported to be increasing in prevalence.

CONCLUSION: As vegetarians have a greater exposure to phytoestrogens than do omnivores, these results support the possibility that phytoestrogens have a deleterious effect on the developing male reproductive system.

Comment – by Our Stolen Future on the **Jan. 2000** abstract above

. <http://www.ourstolenfuture.org/NewScience/reproduction/hypospadias/2000northgoldingetal.htm> .

This research establishes a statistically significant association between maternal diet & subsequent **hypospadias** in boys born to vegetarian mothers. **Hypospadias** is a structural defect in the penis that has been increasing in frequency in several countries over the past 20 years, including the United States.

An important aspect of this study is that it was prospective. Mothers were interviewed during pregnancy and thus the study avoids the problem of biased recall. The study examined 7928 boys, of whom 51 had **hypospadias**.

See [Soy-Abundance of Health ... Testimonials](#), pages 15, 16 ... **my vegan daughter gave birth to a son October 2003, who was born with hypospadias.**

Hypospadias ... <http://www.amershamhealth.com/medcyclopaedia/Volume%20IV%202/HYPOSPADIA.asp> .

A congenital malformation of the urethral groove & urethral canal, resulting in an abnormal opening on the ventral penile surface.

On physical examination, the external urethral meatus can be found anywhere on the ventral aspect of the penis, from just proximal to its normal location to the perineum. It is associated with failure of normal testicular descent and malformations of the urinary tract.

... http://health_info.nmh.org/Library/HealthGuide/IllnessConditions/topic.asp?hwid=rt1129 .

"... because of abnormalities in their **chromosomes** or **endocrine system** ...".

t t t, t t t - Genistein causes a decrease in testosterone levels in rainbow trout .

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11178883&dopt=Abstract .

2001 "Effect of genistein-enriched diets on the endocrine process of gametogenesis and on reproduction efficiency of the rainbow trout—*Oncorhynchus mykiss*," – *Bennetau-Pelissero C. and others*, *Gen Comp Endocrinol* **2001** *Feb*;121(2):173-87.

— Genistein caused a **decrease in testosterone levels in rainbow trout**. Testicular development was accelerated in genistein-fed fish and sperm **motility** – **movement** & concentration were **decreased** in a dose-dependent manner at spawning.

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(?. Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Multi-Generation studies of genistein exposure

Exposures of Sprague-Dawley rats to the soy isoflavone, genistein, throughout the entire lifespan .

- <http://www.ncbi.nlm.nih.gov/pubmed/16257506> .

2006 Lactational transfer of the soy isoflavone, genistein, in Sprague-Dawley rats consuming dietary genistein. Doerge DR, Twaddle NC, Churchwell MI, Newbold RR, Delclos KB., *Reprod Toxicol.* **2006; Apr;21(3):307-12. Epub 2005 Oct 28 Division of Biochemical Toxicology, National Center for Toxicological Research, FDA, U.S. Food and Drug Administration, Jefferson, AR 72079, USA.**

Multi-generation studies of genistein exposure

Exposures of Sprague-Dawley rats to the soy isoflavone, genistein, throughout the entire lifespan have produced a number of effects on ... reproductive tissues ... immune function ... neuroendocrine function ... behavior.

This study shows that limited lactational transfer of genistein to rat pups occurs and that internal exposures to the active aglycone form of genistein are generally lower than those measured previously in the fetal period.

These results suggest that developmental effects attributable to genistein exposure in our chronic and **multi-generation studies** are more likely to result from fetal exposures because of the higher levels of the active estrogenic aglycone form of genistein in utero, although the **possibility of neonatal responses cannot be excluded.**

Page 74, (37, 40)

★★★★, ★★★★★, ★★★★★, ★★★★★ -- <http://www.soyonlineservice.co.nz/articles/Helf.htm> .

— see next to bottom of page 37 – **1997 ... proliferation of cultured human breast cancer cells ... Dees concludes**

Dees concludes "... women should not consume particular foods, (eg. Soy-derived products), to prevent breast cancer ." - Also, see next to bottom of page 40, 1998

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=9731492 .

1998 "Estrogenic effects of genistein on the growth of estrogen receptor-positive human breast cancer (MCF-7) cells in vitro and in vivo," – Hsieh C.Y., Santell R.C., Haslam S.Z., Helferich W.G., *Cancer Res* **1998 Sep 1 58:17 3833-8., Depart. Of Food Science & Human Nutrition, Michigan State University, East Lansing, USA.**

— **Genistein, found in soy products**, is a phytochemical with several biological activities. **In the current study, our research focused on the estrogenic and proliferation-inducing activity of genistein.**

— We have demonstrated that **genistein enhanced the proliferation of estrogen-dependent human breast cancer (MCF-7) cells** in vitro at concentrations as low as 10 nM, with a concentration of 100 nM achieving proliferative effects similar to those of 1 nM estradiol. **Expression of the estrogen-responsive gene pS2** was also induced in MCF-7 cells in response to treatment with a concentration of genistein as low as 1 microM. At higher concentrations (above 20 microM), genistein inhibits MCF-7 cell growth. **In vivo**, we have shown that dietary treatment with genistein (750 ppm) for 5 days enhanced mammary gland growth in 28-day-old ovariectomized athymic mice, indicating that **genistein** acts as an estrogen in normal mammary tissue. **To evaluate whether the estrogenic effects observed in vitro** with MCF-7 cells could be reproduced in vivo, MCF-7 cells were implanted s.c. in ovariectomized athymic mice, & the growth of estrogen-dependent tumors was measured weekly. Negative control animals received American Institute of Nutrition (AIN)-93G diet, positive control group received a new s.c. estradiol (2 mg) pellet plus the AIN-93G diet, and the 3rd group received genistein at 750 ppm in the AIN-93G diet.

— **Tumors were larger in the genistein (750 ppm)-treated group than they were in the negative control group**, demonstrating that dietary genistein was able to enhance the growth of MCF-7 cell tumors in vivo. Increased uterine weights were also observed in the genistein-treated groups.

— **In summary, genistein** can act as **an estrogen agonist in vivo and in vitro**, resulting in the proliferation of cultured human breast cancer cells (MCF-7) and the induction of pS2 gene expression. **Here we present new information** that dietary **genistein** stimulates mammary gland growth and enhances the growth of MCF-7 cell tumors in ovariectomized athymic mice.

"... All Truth Passes Through 3 phases: first it is ridiculed; next it is violently opposed; and finally it is accepted as self evident ...", by the German philosopher Arthur Schopenhauer.

The weed of crime bears bitter fruit. Does the soy industry and all of its supporters really think they'll all get away with it ???. Do they really think We wouldn't know ??? "Oh what a tangled web we weave when first we practice to deceive".

Einstein said, "... the world is a dangerous place to live in, **not** because of the people who are evil, but **because** of the of people who don't do anything about it ..." <http://en.thinkexist.com/> .

Thyroid Problems – Disease – Obesity – Connection Ignored



Please refer to the bottom on pages 12 and 76 bottom – 77 top in this essay about the health warning given by two FDA "Whistle-blowers" and expert scientists on the dangers of soy, Daniel Doerge Ph.D and Daniel Sheehan Ph.D.

What Causes Thyroid Disease ?? ... <http://www.thyroid-info.com/endocrine/thyroid.htm> .

Besides the treatments mentioned above, there are other factors that can contribute to the development of various thyroid problems:

- Exposure to radiation, such as occurred after the Chernobyl nuclear plant accident
- Over consumption of isoflavone-intensive **SOY** products, such as **SOY** protein, **SOY** capsules, **SOY** powders.
- Some drugs, such as lithium and the heart drug cordarone, can cause hypothyroidism.
- An over consumption or shortage of iodine in the diet can also trigger some thyroid problems. (This also applies to iodine-containing supplements, such as kelp and bladderwrack.)
- Radiation treatment to the head, neck or chest. Radiation treatment for tonsils, adenoids, lymph nodes, thymus gland problems, or acne
- "Nasal Radium Therapy," which took place during the 1940s through 1960s, as a treatment for tonsillitis, colds & other ailments, or as a military submariner &/or pilot who had trouble with drastic changes in pressure
- Over-consumption of uncooked "goitrogenic" foods, such as russels sprouts, broccoli, rutabaga, turnips, kohlrabi, radishes, cauliflower, African cassava, millet, **and babassu** – (a palm-tree coconut fruit popular in Brazil and Africa), cabbage and kale

Phytoestrogens – anti-thyroid agents <http://www.soyonlineservice.co.nz/04thyroid.htm> .

Thyroid Problems Miss-Diagnosed As Depression ... <http://www.soyonlineservice.co.nz/articles/SSP2.htm> .

U.S. Thyroid Epidemic <http://www.soyonlineservice.co.nz/articles/epidem.htm> .

Birds, Soy, and Thyroid Disorders <http://www.soyonlineservice.co.nz/articles/CBirds.htm> .

Soy -- Got Thyroid Problems ?? . Then Stop Consuming This "Healthy" Food ... Dr. Mercola article & video ...

Video ... <http://articles.mercola.com/sites/articles/archive/2010/10/13/soy-controversy-and-health-effects.aspx> .

Transcript ... <http://mercola.fileburst.com/PDF/ExpertInterviewTranscripts/Interview-Soy-transcript-Dr%20Mercola.pdf> .

Dr. Mercola very briefly describes the history of food oils in North America

Right in the beginning part Mercola says ... Let me give you a little bit of the history. The reason for the perception that soy is considered a health food is largely related to something that happened a number of years ago when tropical oils were (routinely) used in a large part of this country, for many indications and the food industry.

The tropical oils such as palm or coconut obviously are not grown in the United States because we don't have a tropical environment, except for Hawaii.

As a result of this, they (the food and pharmaceutical industry) wanted to shift that. So there was this movement and effort to demonize and vilify those healthy oils, (palm and coconut) in order to remove them and to identify them as un-health damaging oils, and substitute domestically grown oils like soy and corn, canola and others, but primarily soy.

For the large part, they've been very successful, and there has been this whole campaign to paint soy in a healthy food by the soy industry.

"The Truth Marches On" ... Emile Zola ... "The Dreyfus Affair" ... France, 1894 – 1898 ... author of many books ...
<http://www.georgetown.edu/faculty/guieuj/libproj.htm> and http://www.dreyfuscase.com/html/dreyfus_affair.html .

Who is (? Dr.) Justine Butler anyway ?? . ?? . Why would a Doctor be lying about no harm ?? . ?? .

An Ignored and Deliberately Hidden – History Lesson



Corrupt Science

or

How to turn the truth into a lie and a lie into an artificial truth – by disinformation artists, specialists.

. <http://www.psrast.org/mobileng/mobilstarteng.htm#junk> .

Refer to the [Legal Definitions](#) here on page 87 – 89, also see corrupt US FDA and Government on page 67, 68

Increasing numbers of scientists serve corporate interests. (More on page 29 ... [Disinformation Artists, Specialists](#))

Science has become dependent on corporate sponsorship to a considerable extent. Their influence is especially great in applied science. Corporations are misusing this dependence to promote their interests by suppressing unfavorable evidence and distorting truth. Leading scientists have been corrupted to promote corporations under the false disguise of “scientific objectivity”.

One especially powerful strategy is to have paid scientist **create “counter-evidence”** for every alarming discovery so that it can be said that “the issue is controversial” and that “the scientists have disparate opinions” or that the effect is “not conclusively proven”. Thereby restrictive legislation is delayed. The **tobacco industry** did this for several decades after it had been conclusively proven smoking is harmful, see for example [Lancet article by professor Stanton Glantz](#) (Jan. **2005**).

Outright falsifications of data by scientists, corrupted by corporations, have been revealed as well as cases where scientists have been forbidden by their sponsors to publish findings that would damage the interests of the corporation (naturally, very few cases are discovered and none has so far been revealed concerning microwave radiation research as far as we know, but this does not rule out an extensive corruption).

Therefore, considering the extensive evidence indicating that mobile phone radiation is harmful, it is justified to suspect that scientific reports that deny this are corrupt. Often the research has openly been sponsored by the mobile phone industry. In such cases there are especially strong reasons to question the reliability of the conclusions. Furthermore, the data may have been faked so as to suit the interests of the sponsor. In other cases there may be a hidden influence (read corruption) from the industry.

Billions of dollars at stake

Mobile phone corporations reap multibillion dollar profits, would suffer billion dollar losses from research proving harmful effects. Therefore, they have a very strong incentive to corrupt scientists to offset the harmful impact of such research through critical remarks, like “questionable”, “insufficient evidence” and “more research needed before conclusions can be drawn”. It occurs regularly that even studies of high scientific quality are bluntly and unjustifiably dismissed in this way by such corrupt scientists. If you are in doubt, please consider case of [Dr Carlo](#), mentioned above. It demonstrates very clearly – corporations not only ignore, but suppress unfavorable safety assessments, see [Dr Carlo](#)

It is obvious that the corporations would try to corrupt especially renowned scientists from the most respected universities as this would have the greatest impact. So such merits are by no means a warranty for a reliable and impartial judgment.

A bribe of a few, or even ten million dollars, is small money, considering what is at stake. If direct bribing is found unsuitable, another possibility to ensure “cooperation” is to sponsor expensive research or very expensive research equipment that would put the scientist in a lead position in his field. It is obvious that it is difficult to resist such offers.

Needless to say, the corporations have strong incentives to bribe key politicians and decision makers as well to ensure full “strategic coverage” of their field of interest.

Conclusion, Bottom Line ... Considering the extensive evidence of harmful effects of mobile phones, **and soy**, there are good reasons to suspect scientists & scientific reports denying or downplaying the hazards of mobile phones **and soy** are corrupt, however renowned the university or famous the scientist may be.

End of the quoted part of the article .

The science very clearly establishes that soy is not medically necessary, but there is a medical and legal necessary to warn people of these serious health hazards so people can then choose to avoid soy and soy ingredients in our food supply for disease prevention and for maintaining good health. (See the list of important **Legal Definitions**, including those of **Deceit** and **Fraud** and **Criminal Gross Negligence** and **others**, found here on page 87 - 89).

In fact, in the next **1998** abstract immediately below, it is stated in a meta-analysis done then by **Strauss L., Santti R., Saarinen N., Streng T., Joshi S., and Makela S.**, at the Institute of Biomedicine and Medicity Research Laboratory, University of Turku, Finland, they found that "... there is no direct scientific evidence for the beneficial effects of phytoestrogens in humans ...".

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10022277&dopt=Abstract .

1998 **"Dietary phytoestrogens and their role in hormonally dependent disease,"** — **Strauss L., Santti R., Saarinen N., Streng T., Joshi S., Makela S.**, *Toxicol Lett.* **1998** Dec. 28;102-103:349-54. *Institute of Biomedicine and Medicity Research Laboratory, University of Turku, Finland.*

— "... there is no direct (scientific) evidence for the beneficial effects of phytoestrogens in humans. ... All information is based on consumption of phytoestrogen-rich diets, and the causal relationship and the mechanisms of phytoestrogen action in humans still remain to be demonstrated ... **In addition, the possible adverse effects of phytoestrogens have not been evaluated ... It is plausible that phytoestrogens, as any exogenous hormonally active agent, might also cause adverse effects in the endocrine system, i.e. act as endocrine disrupters ...**".

Since 1998, there is still no direct medical evidence proving the need for soy in our food supply, nothing has changed and this is still exactly the case today as it was back in 1998.

In fact, if you go to 7 minutes (+)plus into the **Dr. Mercola's** Oct. 13, **2010** video ... **"Soy – Got Thyroid Problems ?? Then Stop Consuming This "Healthy" Food"** he says "... clearly – soy infant formula should, I believe, **be banned** from commercial sale, and **should also be illegal** to be sold in the USA ...". Also read his Comment section.

Humans are affected at **lower doses** than rodents.

Page 50



★★★★, ★★★★★, ★★★★★, ★★★★★ -- **"In vivo data** show that phytoestrogens have a wide range of biologic effects at doses and plasma concentrations seen with normal human diets. Significant in vivo responses have been observed in animal and human tests for bone, breast, ovary, pituitary, vasculature, prostate, and serum lipids."

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11250801&dopt=Abstract .

2001 **"Cross-species and inter-assay comparisons of phytoestrogen action,"** – **Whitten P.L., Patisaul H.B.**, *Environ Health Perspect* **2001** Mar;109 Suppl 1:5-20., Department of Anthropology, Emory University, Atlanta, Georgia 03022, USA.

★ ☹ ★

Humans are affected at **lower doses** than rodents.

- **This paper compiles animal and human data on the biologic effects and exposure levels of phytoestrogens in order to identify areas of research in which direct species comparisons can be made. "In vivo data show that phytoestrogens have a wide range of biologic effects at doses and plasma concentrations seen with normal human diets.**
- **Significant in vivo-responses have been observed in animal and human tests for ... bone ... breast ... ovary ... pituitary ... vasculature ... prostate ... and serum lipi ds."**
- The doses reported to be biologically active in humans (0.4--10 mg/kg body weight/day) **are lower than** the doses generally reported to be active in rodents (10--100 mg/kg body weight/day), although some studies have reported rodent responses at lower doses.
- **The similarity of reported proliferative and antiproliferative doses** illustrates the need for fuller examination of dose-response relationships and multiple end points in assessing phytoestrogen actions.

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
This article ... http://www.mayanmajix.com/soy_2010.pdf .

The information on the next 2 pages is from some of the email correspondence between me and Richard James of Soy Online Service in Dec. 2003. I also had the pleasure of talking to him and his wife Valerie over the phone long distance on several occasions and learned a lot of the interesting information and research about the history of the dangers of soy.

A Little Bit of **Hidden History**



Soy Online Service Answers 5 Questions

An Introduction: The History Of How Soy Got Into Our Food Supply

... This 2nd Reply is 1st ...

Page 12, 13 .

----- Original Message -----

From: [Valerie & Richard James ... Soy Online Service ... http://www.soyonlineservice.co.nz/](#) .

To: [Gerald Hernesmaa](#)

Sent: Wednesday, December 10, 2003 11:29 PM

Subject: Re: Re: Urgent ... Can you help please ?? ... Need answers to these 5 questions !!

OK Gerald. In brief. (An Introduction ... A plausible conspiracy theory consistent with known facts and the USA National Security Agency minutes.)

In the early 1950's the British Government was hoping to rebuild the empire that it had largely lost as a result of **WW-2**. The principle used was the one that had worked in the past. That is, to have **colonies** producing raw materials for shipment to **Britain** for processing and re-export. That is how Canada, NZ, Australia, Argentina and numerous others including the USA got started.

For West Africa, it became known as the British Groundnut. Scheme ... grow peanuts and ship them to the UK for protein extraction. The extraction plants were built in the English Midlands .

The **CIA** did not want a strong Britain again (remember the Suez canal debacle a couple years later in 1956?). The US Dept. of Agriculture was besotted with using the toxic waste from soymeal extraction as an export and its brief was solely to promote US agriculture. Even the laboratory was named the Northern Resource Utilisation Center at Peoria, Ill.. Agricultural exports were to be pushed...nothing less, nothing more.

So a connivance was **fabricated**. Undercut the British peanut protein with cheap US soy meal. **LIBERTY ships** were pulled out of mothballs, export subsidies were arranged, and shipments of all-American soy hit the West African beaches in 1954. The British groundnut scheme became totally uneconomic, the British government lost millions of pounds and ultimately its West African Colonies... Ghana, Nigeria, Sierra Leone. Liberty ships were useful again at last.

What a coup for the US spooks!

There was an added bonus. The US government, esp Dept of Agriculture scientists, knew soymeal caused infertility. It was no secret...it was published by Chang et al for a start in 1953. **(They probably would have thought, at the time, What a win - win - win !!. Use the US ships to promote US agriculture, reduce the blacks, protect the Georgia peanut growers and damage the British Empire all in one ploy. How nice to send all those infertility foods to the black populace. That all holds up.)** What they probably did not know was that the infertility chemical in soybeans (genistein) was also a powerful disrupter of immune systems. It may have opened up the West Africans' immune systems to an invasion by a little known type of monkey herpes virus that we now call HIV, and its result as Acquired Immune Deficiency Syndrome.

It may not be all correct, but it hangs together and is historically correct per time line. And it was postulated by a very competent biochemist in 1993.

Cheers Dick .

... This 1st Reply is 2nd ...

5 Questions

The "Answers" with this 1st reply

----- Original Message -----

From: "H. Michael Sweeney", hms@proparanoid.com
To: "Gerald Hernesmaa" healthwise933@shaw.ca
Sent: Tuesday, December 09, 2003 7:38 PM
Subject: Re: Urgent ... Did you receive my package containing the
Soy Research Paper ... and the \$10.00 USA money order

----- Original Message -----

From: [Valerie & Richard James](#) , Soy Online Service
To: Gerald Hernesmaa
Cc: Irvin E. Liener
Sent: Tuesday, December 09, 2003 11:34 PM
Subject: Re: Urgent...Can you help please ??... Need answers
to these 5 questions !!.

From: Mr. H. Michael Sweeney ... Yes, thank you. Just picked it up today. (mailed him a copy of our Soy Research paper and Soy Pamphlet). The newsletter will be mailed tomorrow, barring unexpected disaster, like runing out of ink !.

The soy material is another matter. Not quite up my ally, but very interesting topically for a number of reasons you may not have considered. I'm throwing these (5 questions) at you for your comments, in case you know the answers. They are probably too left field and may leave us both wondering.

Questions & Answers:

From: Richard and Valerie James ... Hi Gerald, Ok, Will try to keep it short. Jimmy Hoffa is not our line !,
But the C.I.A. theory is a possibility.

- 1) Who knew all the negative ramifications and when did they know it? If they knew it in the late 1950's and 60's, I'm thinking that may be why Jimmy Hoffa got into Soy beans in a big way, I'm thinking he likely partnered with CIA to do it (see next).

The Soy Online Service

Answer ... The original projects to extract the protein from left- over soymeal after oil removal were done with funding by ADM and Mead Johnson in the early 1950's. Results of rat -feeding trials were published in subsequent issues of the **Journal of Nutrition**, by M.O. Schultz et al, in around 1953/4/5. We have those papers but they in are a rotten layout and not suitable for putting on a website as they have no opening abstracts. **The rats had troubles creating baby rats and the few baby rats they created had poor reproductive performances. A first clue that this stuff crosses generations.** It would take us a while to get to the papers for more detail and we are flat-out with other urgent stuff. As we recall some work was at University of Minnesota and other was at the Dept of Agriculture Resource Utilisation Center, Peoria, Illinois.

Subsequent work was at both Peoria and the D of A facility at Albany Ca.

The scientists all knew they were not removing the "estrogens" or "sterols." That is published in a paper by Eldridge, Nash and Wolf in the 1967 Jour of Food Chemistry. We have that here too. In fact **Walter J Wolf would be high on our list of most harmful scientists in history.** There also was research in South Carolina by Carter Matrone et al on the estrogenic effects of soy on mice in the 1960's.

All this is in published academic papers. The first published analysis of estrogenic content of soy protein was by Murphy in 1982, though the UK Central Veterinary lab did analysis in 1980 and compared estrogenic effects of **human-use soy**...16 ppb DES and 24 ppb DES in the two samples tested...with diethylstilbestrol. You can get that in ... <http://www.soyonlineservice.co.nz/04soy&DES.htm> ... "**Soy and DES**".

(and also at ... <http://www.soyonlineservice.co.nz/Refs/murphy.htm>)

"Oh what a tangled web we weave, when first we practice to deceive" ... <http://www.quotationspage.com/quote/27150.html> .

No harm ?? . ?? . Who is Justine Butler any way ?? . ?? . ?? . ?? .

More Hidden History

Unaware by the general public, the historical knowledge of [the naturally carcinogenic properties of soy](#) have been [known, ignored and denied](#) publicly by the soy industry and the U.S. FDA for over 40 years. We feel that the statement by the Solae Company in its 2004 application to the FDA is definitely and deliberately false, distorted, slanted and misleading because of these next points. ([on page 76](#) is the Solae story) So, Why doesn't soy protein have GRAS determination ??.

- 1.) Soy protein was slipped into the food chain about 1959 even though the developmental research (funded by ADM and Mead Johnson) demonstrated that it caused serious infertility problems in laboratory rats and their offspring. This is recorded in a series of papers in the "[Journal of Nutrition](#)" by [Schultze, Liener et al](#) in the 1950's
- 2.) In 1966, "The Committee for Food Safety" was worried about soy's **carcinogenic** properties.
- 3.) In 1972, the Nixon administration directed a re-examination of substances believed to be **GRAS (Generally Recognized As Safe)**, in the light of any scientific information then available. In 1974, the FDA obtained a literature review of soy protein because, as soy protein had not been used in food until 1959 and was not even in common use in the early 1970's, it was not eligible to have its GRAS status grand-fathered under the provisions of the Food, Drug and Cosmetic Act. The scientific literature up to 1974 recognized many antinutrients in factory-made soy protein, including trypsin inhibitors, phytic acid and genistein. The FDA was more concerned with toxins formed during processing, specifically nitrites and lysinoalanine. Even at low levels of consumption - averaging one-third of a gram per day at that time - the presence of these **carcinogens** was considered - too great a threat to public health to allow GRAS status.
- 4.) The definitive textbook "[Chemical Carcinogens](#)" published by the American Chemical Society in 1976 had a chapter titled "[Plant Carcinogens](#)" that identified soy isoflavones as known carcinogens.
- 5.) The only evaluation was done by [The Life Sciences Committee of FASEB](#) in its 1978 "[Evaluation of Soy Products for Human Consumption](#)" for the Food and Drug Administration (SCOGS-101 under contract to the [FDA #223-75-2004](#)) declined GRAS determination because of risks of carcinogenic nitrosamines, lysinoalanines, and nitrite occurring during the modern processing, heat treatment. FASEB [assumed the heat treatment was removing the natural poisons](#), and [did NOT evaluate](#) their safety at all. In a 1980 study, McGuinness E.E., it was found that long periods of heat and pressure, requiring [130 degrees Celsius](#), ([266 degree Fahrenheit](#)), could deactivate the trypsin inhibitors, genistein, in soy, but denatured the soy protein to the point that the protein became virtually useless. **★ So, one was faced with either choosing less heating, resulting in more surviving poisonous trypsin inhibitors, or more heating, resulting in useless protein.** Consequently, [there is NO standardization as to how soy protein is processes](#). Toxin levels can vary widely. [William Jarvis, Ph.D.](#), Department of Health Promotion and Education, Loma Linda University, Loma Linda, California, USA. **★★★ The FDA has imposed no requirements for manufactures to use heat treatment, or any guidelines as to how long or how high the temperature needs to be.** "[The effects of long-term feeding of soya flour on the rat pancreas,](#)" — [McGuinness E.E, Morgan R.G., Levison D.A. and others](#) *Scandinavian Journal of Gastroenterology*, 1980; 15(4):497-502. FDA officials called for safety specifications and monitoring procedures before granting of GRAS status for food. **★★★ These were never performed.** To this day, the use of soy protein is codified as GRAS only for the limited industrial use as a cardboard binder (glue). This means that, in the USA, soy protein must be subject to premarket approval procedures each time manufacturers intend to use it as a food or add it to a food. ([This is hardly, if ever done !!](#)).
- 6.) In 1999, an application by Archer Daniels Midland Corp for GRAS determination of GRAS (GRN 00001) for isoflavones was declined due to the failure of the applicant to reveal health risks. ([Not to mention the more current scientific research documented natural occurring carcinogenic chemicals is soy called genistein and daidzein and beta-Sitosterol](#) in May 2004).

Nothing has changed about knowing that eating soy is dangers and can be deadly since the **Chou Dynasty (1134-246 BC)**, except a concerted and deliberate effort by big business and governments to keep this information from the general public.

The weed of crime bears **bitter** fruit. Does the soy industry and all of its supporters really think they'll all get away with it ?? . Do they really think I, we wouldn't know ??.

Still More Hidden History

Cancer Patients and Children – Beware !!



A little bit of some of the **History** on how soy got labeled as vegetable oil, when in fact, it is not a vegetable. A sneaky bit of deception and slight of hand, using a whole lot of deception, miss-direction and lying by **U.S. FDA**, Food Industry and Monsanto

Dr. Roger Rogers, B.A., B.S.W., M.D., O.B.C., (1928 – 2006) ... <http://www.drrogersprize.org/files/about.php> .

Dr. Roger Rogers was the founder of **The Centre for Integrated Healing** in Vancouver, BC., Canada He received outstanding awards for his success in treating cancer patients with safe alternative healing methods, using treatments with no or very low side-effects. At the time, most treatments only cost around **\$ 100 per month, wow, isn't that amazing !!**. Now, **compare that to the cost of thousands of dollars per month for toxic cancer drugs that eventually kill the patient before the cancer does**. Dr. Rogers had a special interest in complementary cancer care for more than 20 years . He was devoted to working with the whole person towards optimum well-being. This approach lead him on a lifelong interest in nutrition, natural healing and complementary therapies for successfully treating cancer patients In **2001**, Dr. Rogers was appointed to the Order of British Columbia, the province's highest honour, for his pioneering work in alternative and complementary cancer care.

My wife, Deanna-(Deonaa) Hernesmaa, **1944 – 2002**, was a cancer patient of Dr. Roger Rogers, starting the end of April **1999**. Some of the first things Dr. Roger Rogers told us in our first visit, 2 hours long, was some very interesting history about cancer and the artificial food oils industry in North America. He told us about how soy oil was introduced as food oil in the food chain in the very early **1970's**.

Up until the early **1970s - vegetable oil** was actually made from real vegetables. On the label of the glass bottle of the "real Vegetable Oil" it said "... Natures complete source of vitamins and minerals ...".

In the very early **1970's**, an unfortunate thing happened, which hardly anyone was told about at that time or since, which is, that the real vegetable oil **was replaced with soy oil**. What has been called vegetable oil since then is mostly **soy oil**, and no longer made from real vegetables. This new soy oil continued to be called vegetable oil, and hardly anyone knew. As you probably already know, soy is not a vegetable, it is a legume, so soy oil is really legume oil. This means that real vegetable oil has not existed commercially in North America since the early **1970's**. (Look on the ingredient label of foods and you will see soy, canola peanut, cottonseed, palm, and coconut listed as vegetable oils.). None of these are vegetables. Corn oil is called corn oil, safflower oil is called safflower oil, but sometimes these to are also called vegetable, why is all this happening **??**. **Answer on page 40**.

How this happened is very interesting

In the late **1960's**, Monsanto was looking at how they could dominate the food oil industry. A very profitable industry. So, Monsanto in cooperation with a branch of The Kodak Photographic Film Company in New Brunswick Canada was experimenting on how to extract vitamins and minerals from "the real Vegetable Oil." (On the label of the real vegetable oil it said natures complete source of vitamins and minerals.) Shortly after inventing & perfecting the new process in the early **1970's**, vitamin E was the first vitamin to be extracted from the real vegetable oil. The Health Food & Supplement industries used this newly invented process as an ingredient source for making vitamin and mineral pills for the health food industry. So the regular vegetable oil was taken off the market in the early **1970's**. This all meant that a new source, a substitute, for food oil had to be found and soy oil was chosen & almost no one was told of this change. Since then, there has never been any real vegetable oil used as an ingredient in our food.

Cancer Patients and Children – Beware !!.

Continues ...

Canola oil. Then on, or about 1995, **canola** oil came on the market as a new vegetable oil. But it is not a vegetable. **Canola** oil is made from the **rapeseed**. The **rapeseed** always had a bad reputation for making people sick. So, in order to make it less toxic, it was genetically modified and irradiated. The name was changed so people would not know, make the connection, it was a new form, less toxic form of **rapeseed**. Since the research was done in Canada, the new oil needed a new name. So the new name for the **less toxic rapeseed** is a combination of 2 words, **Canada and oil**, in other words, **Can-ola**, Canola. Then the Canadian Government **paid the US FDA \$ 50,000** to get **Canola oil** approved for use as a food oil, not because it was safe but because of being bribed. But, just like **rapeseed, Canola oil is a neuro-toxin** and eventually causes health problems. It just takes a little longer to develop health problems than rapeseed does. Canola is also registered as a pesticide by the U.S. Dept. of Agriculture.

Of course, Monsanto did not want to tell anyone about the problems with these 2 new so called vegetable oils, because they knew they could eventually be sued by almost everyone on the planet, that is, because of the **canola** bribe and because of Monsanto's application to the **US FDA for GRAS Status** for soy failed, was rejected in 1972 because of soy being known - even way back then - to be carcinogenic. Now, how about that. **The Golden Rule** in practical application ... **Them that has the most Gold, make the Rules !!**, rather than doing the RIGHT thing,

★ ☹ ★ **Cottonseed oil.** Dr. Roger Rogers also said to stay away from cottonseed oil in food because cotton is not a food, so there is practically no restriction on the type of pesticide used and the amount of pesticides used to grow cotton. So, it has the highest exposure to pesticides and pesticide residues than any other food ingredient.

See top of page 9 ... Cottonseed is known to be a poisonous plant since 1889 ... [FDA's Poisonous Plant Database](#)

Please note, even though cotton is not a vegetable, or even a food, cottonseed oil is listed as a vegetable oil on food package ingredient lists. More on page 40, top of page. Now, how about that !!. Pretty sneaky uh !!. In 1999, less than 2 percent of world production of cotton was grown organically, and that still has not really change since then.

So, who is this (? Dr.) Justine Butler anyway ???. I would hate to see what the state of the world would be in today if everyone had Justine Butler's driving curiosity to seek the truth.

It is my opinion that I think (?Dr.) Butler or her ghostwriter, whoever they are, quite nicely fit into these definitions below

Definition of a Shill ... <http://www.thefreedictionary.com/shills> Noun - a beguiler who leads someone into danger (usually as part of a plot.)

Definition of a Beguiler ... <http://wordnetweb.princeton.edu/perl/webwn?s=beguiler> deceiver: someone who leads you to believe something that is not true.

Einstein said, "... the world is a dangerous place to live in, **not** because of the people who are evil, but because of the people who don't do anything about it ..." ... <http://en.thinkexist.com/>.

More on Soy' hidden history of deception and lies ... continues on page 40.

Soy' hidden history of deception and lies ... continues on page 40.

Lazy ... Lazy ... Sloppy ... Sloppy ... and even more Sloppiness !! How to easily brainwash someone

Repeat, repeat, repeat a Lie often enough,
people will eventually believe the Lie to be true ... the Lie then becomes an artificial truth



Avocados & tomatoes are not vegetables, but fruits. When you go to a restaurant & ask for a vegetable salad, or if you make one at home, you could get these added to your lettuce salad, and most people wouldn't give it a 2nd thought, because it has been such a common thing to do. By the early 1970's, more & more people were beginning to know soy is poisonous. So, in order to keep people from realizing that soy oil replaced the real vegetables in vegetable oil, U.S. FDA allowed soy oil to be called vegetable oil, because that is what the soy industry wanted. It is all about \$ money. It was & still is a deliberate way to take advantage of people's lazy thinking, ignorance, in order to hide the change, the truth. To reinforce this sloppy thinking pattern, other ingredients started showing up as being called vegetable oils, like canola, peanut, cottonseed, palm, and coconut. Now, how about that !! !!. What you don't know can & will kill you, cancer & heart patients !!. These actions are consistent with the definition of Psychopathic Personality Disorder, on page 58 in this essay. To this very day, no one is being held accountable. Now, how about that !! !!. The good news is, the game is up, there is no place to run or hide, so, when accountability does finally come, and it will, as all things have their own time, Legally - expect no mercy !!. Remember what happen in China in 2008, when babies were killed from baby food poisoning by a food manufacture ???. Several people in the company were tried for murder & found guilty. Only the head of the company was executed for murder. No place to hide !!. "Justice, truth, and the value of a single human being" ... said Spencer Tracy in the 1962 movie ... Judgment at Nuremberg.

Soy - Vegetable Protein % Chart

"Nutritive Value of American Foods in Common Units"

USDA Agriculture Handbook No. 456

Page 24. Soy- Abundance of Health Hazards .

Fruits

Lemons 16	Strawberry ... 8	Apricot ... 8	Watermelon ... 8	Papaya ... 6	Grapefruit ... 5
Honeydew melon ... 10	Blackberry ... 8	Grape ... 8	Tangerine ... 7	Pear ... 5	Pineapple ... 3
Cantaloupe 9	Cherry 8	Orange ... 8	Peach 6	Banana ... 5	Apple 1

Vegetables

Spinach 49	Cauliflower 40	Green beans 26	Tomatoes 18
New Zealand Spinach ... 47	Mustard Greens 39	Cucumbers 24	Onions 16
Watercress 46	Mushrooms 38	Dandelion Greens ... 24	Beets 15
Kale 45	Chinese Cabbage ... 34	Green Pepper 22	Pumpkin 12
Broccoli 45	* Lettuce ... Parsley ... 34	Artichokes 22	Potatoes 11
Brussels Sprouts 44	Green Peas 30	Cabbage 22	Yams 8
Turnip Greens / Collards 43	Zucchini 28	Celery / Eggplant ... 21	Sweet Potatoes ... 6

Legumes

Soybean sprouts 54
(Pick non-Soy mix) Mungbean sprouts ... 43
Soybean curd (tofu) ... 43
Soy Flour 35
Soybeans 35
Soy sauce 33
Broad beans 32
Lentils 20
Split peas 28
Kidney beans 26
Navy beans 26
Lima beans 26
Garbanzo beans 23

Grains

Wheat germ 31
Rye 20
Wheat, hard red ... 17
Wild rice 16
Buckwheat 15
Oatmeal 15
Millet 12
Barley 11
Brown rice 8

Nuts & Seeds

Pumpkin seeds 21
Sunflower seeds ... 17
Walnuts, black ... 13
Sesame seeds 13
Almonds 12
Cashews 12
Filberts 8

Note ... Protease (Enzyme) inhibitors in Soy - block protein digestion, p 84
Remember, Soy is a very Low quality protein, and it is not very well absorbed by the body. The actual amount of usable protein in soy is about 50 % of what it says to the Left, which is then from 16% to 27%

Note. Green Soy ... Be careful, sometimes cheap soy sprouts are substituted for Mung bean sprouts .

Soy Dangers Summarized

. <http://www.soyonlineservice.co.nz/03summary.htm> .

SOY DANGERS:



- 1.) High levels of **phytic acid** in soy **reduce assimilation of** calcium, magnesium, copper, iron and zinc. **Phytic acid** in soy is not neutralized by ordinary preparation methods such as soaking, sprouting and long, slow cooking. **High phytate diets** have caused **growth problems** in children.
- 2.) Trypsin inhibitors in soy interfere with protein digestion and may cause pancreatic disorders. In test animals soy containing **trypsin inhibitors** caused **stunted growth**.
- 3.) Soy **phytoestrogens ... genistein** and **diadzein** are powerful **Topoisomerase II - poisons** causing **DNA damage -- DNA double strand breaks** – the early signs of **cancer** formation. They also disrupt **endocrine function** and have the potential to cause **infertility** and to promote **breast cancer** in adult women.
- 4.) Soy **phytoestrogens** are potent **anti-thyroid agents** that cause **hypothyroidism** and may cause **thyroid cancer**. In infants, consumption of soy formula has been linked to **autoimmune thyroid disease**.
- 5.) **Vitamin B12 analogs** in soy are not absorbed and actually **increase the body's requirement for B12**.
- 6.) Soy foods **increase** the body's **requirement** for **vitamin D**.
- 7.) Also contains **Manganese – the deadly neuro-toxin**.
- 8.) **Fragile proteins are denatured** during high temperature processing to make **soy protein isolate** and **textured vegetable protein**.
- 9.) **Processing** of soy protein results in the formation of **toxic lysinoalanine** and highly **carcinogenic nitrosamines**.
- 10.) Free **glutamic acid or MSG**, a potent **neurotoxin**, is formed during soy food processing and added to many soy foods.
- 11.) Soy foods contain high levels of **aluminum** which is toxic to the **nervous system** and the **kidneys**.
- 12.) **Hemagglutinin ...** clot-promoting substance that causes your red blood cells to stick together – unable to properly absorb and distribute oxygen to your tissues ... clogged arteries and stroke.
- 13.) **Goitrogens ...** block synthesis of thyroid hormones and interferes with iodine metabolism ... **cancer ...** hypo-thyroidism

SOY INFANT FORMULA — BIRTH CONTROL PILLS FOR BABIES

- 14.) Babies fed soy-based formula have **13,000 to 22,000 times more estrogen compounds** in their blood than babies fed milk-based formula.
- 15.) Infants exclusively fed soy formula receive the **estrogenic** equivalent of **at least 5 birth control pills per day**.
- 16.) Male infants undergo a "**testosterone surge**" during the first few months of life, when testosterone levels may be as high as those of an adult **male**. During this period, baby boys are programmed to express male characteristics after puberty, not only in the development of their sexual organs and other masculine physical traits, but also in setting patterns in the brain characteristic of male behavior.
- 17.) Pediatricians are noticing greater numbers of **boys** whose **physical maturation is delayed**, or does not occur at all, including lack of development of the sexual organs. **Learning disabilities**, especially in male children, have reached epidemic proportions. **Hypospadias ... Deformation of the penis ...** the a **congenital malformation** of the urethral groove, (opening), and urethral canal. Opening can be anywhere along the side of the penis, **not top**.
- 18.) Soy infant feeding—which floods the bloodstream with female hormones that inhibit testosterone—cannot be ignored as a possible cause for these tragic developments. In animals, soy feeding indicates that phytoestrogens in soy are **powerful endocrine disrupters**.
- 19.) Almost 15 percent of white **girls** and 50 percent of African-American girls show **signs of puberty** such as breast development and pubic hair, **before the age of 8**. Some girls are showing sexual development **before the age of 3**. Premature development of girls has been linked to the use of soy formula and exposure to environmental estrogens such as **PCBs** and **DDE**.

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

----- Original Message -----

From: [Gerald Hernesmaa](#)

To: [Louise Mclean](#)

Sent: Monday, December 06, 2010 3:47 PM

Subject: **Louise** ... Cancer ... #1 Dr. Burzynski, The Movie - Trailer No. 1 - CANCER - DVD now available ... January 14, 2010 ... successful non-toxic cancer treatment ... video ... 3 minutes ... 3 seconds

.mm ... Health Articles

#1 Dr. Burzynski, The Movie - Trailer No. 1 - CANCER - DVD now available

Successful non-toxic cancer treatment, no side-effects
In Huston Texas, USA **only** -- and in Europe
January 14, 2010

video ... 3 minutes ... 3 seconds

. <http://www.youtube.com/watch?v=-lXgnb6tdBY> .

. <http://www.burzynskimovie.com> .

.
* * *
* * *
* * *

Dr. Burzynski on Sally Jessy Raphael: Feb. 23, 1988 (clip) - Cancer

Posted Nov. 2, 2010

80 % cancer patients respond to his treatment
Available in Huston Texas, USA **only** -- and in Europe

video ... 9 minutes ... 15 seconds

. <http://www.youtube.com/user/BurzynskiMovie> .

. <http://www.youtube.com/watch?v=HZaRX7FAwJQ> .

This is a clip from an episode of Sally Jessy Raphael's TV talk show featuring Dr. Stanislaw Burzynski, four cancer patients, and one member of the opposition which aired on Feb. 23, 1988.

[BurzynskiMovie](#) | January 14, 2010 | 90 likes, 1 dislikes

. <http://www.burzynskimovie.com>

**Even More of Soy's Hidden History,
Lies and Deceptive Business Practices**



The Soy Deception

How Palm Oil is Protecting the Amazon Rain Forest

. <http://www.coconutresearchcenter.org/soy-deception-article.htm> .

Feb. 2, 2008

*The soybean industry is up to its old tricks, attempting to demonize the tropical oils. This time, the attacks are in the guise of environmentalism. However, **if the truth were told, the** soy industry would be exposed as one of the world's worst offenders. Palm oil production, on the other hand, is protecting areas like the Amazon rain forest from destruction.*

During the **1970's** and **1980's** the soybean industry was troubled by emerging evidence that soybean oil consumption lowered immunity, increased susceptibility to infectious disease, and promoted cancer.

At this same time saturated fats were being scrutinized because of their tendency, in general, to raise blood cholesterol levels. The bigwigs in the soybean industry got the bright idea that if they could demonize the competition, by making saturated fats appear to be the cause of heart disease—the nation's number one killer—people wouldn't pay much attention to the negative findings coming out about soybean oil. Starting in the mid-**1980's** the soybean oil industry began a multi-million dollar anti-saturated fat campaign. Saturated fats increased cholesterol, they said, and high cholesterol causes heart disease. The tropical oils (coconut, palm, and palm kernel oils) were singled out as being the worst offenders because of their high saturated fat content.

Some, but not all, saturated fats do raise total cholesterol, but there was no solid evidence that high cholesterol actually caused heart disease. **That is why** high cholesterol is only considered a "risk factor" rather than a cause. But that didn't stop the soy industry. Gullible consumer advocate groups like The Center for Science in the Public Interest (CSPI) and The American Heart Savors Association were **swayed by the misleading information** and began their own campaigns against saturated fats. In these groups the soybean industry found very vocal, high profile allies which spearheaded much of the criticism against saturated fats, and particularly against the tropical oils. These organizations placed anti-saturated fat ads in the media, published newsletters and magazine articles, and books, and lobbied for political action against the use of tropical oils and other saturated fats.

The soybean industry **fed misleading information** to these groups and allowed them to fight the battle. The soybean industry took a back seat and stayed out of the limelight. This was very clever from a marketing perspective because now the soybean industry wasn't viewed as openly attacking their competition. Since the bulk of the attack came from supposedly impartial third parties, their message had more impact. People were swayed against saturated fats and the tropical oils.

Restaurants and food manufactures sensitive to customer fear of saturated fats, **began removing** these fats from their foods **and replacing** them with **vegetable oils**. Tropical oil consumption plummeted while soybean oil sales skyrocketed. In the United States soybean oil soon accounted for about 80 percent of all the vegetable oil consumed.

During this time, the one thing the soybean industry **conveniently neglected to tell the public** was the saturated fats **were not being replaced with ordinary vegetable oil**, but by **hydrogenated soybean oil !!**. Hydrogenated soybean oil contains toxic trans fatty acids and is far more damaging to the heart than any other fat. It has also been linked to numerous other health problems including **diabetes, cancer, and various autoimmune diseases**. In terms of health, it is absolutely the worse fat that could be used.

The soy industry was aware of many of the detrimental effects associated with hydrogenated vegetable oils and trans fatty acids, that is why it was never publicly announced that saturated fat would eventually be replaced by hydrogenated vegetable oils. They succeeded in demonizing all saturated fats, including healthy coconut and palm oils, for the sake of profit. The plan was an overwhelming financial success. Over the next two decades hydrogenated vegetable oils found their way into over 40 percent of all the foods on supermarket shelves, amounting to about 40,000 different products. Hydrogenated soybean oil consumption dramatically increased, so did numerous diseases now found to be associated trans fatty acids.

In recent years, however, coconut and palm oils have been making a comeback. Careful review of previous research and more current medical studies have exonerated the tropical oils from the claim that they promote heart disease. In fact, if anything, they appear to help protect against heart disease as well as many of the other diseases now known to be linked to hydrogenated vegetable oils.

With the growing awareness of the dangers of trans fatty acids in hydrogenated vegetable oils and the landmark announcement in 2002 from the United States Institute of Medicine stating that **"no level of trans fatty acids is safe in the diet,"** tropical oils are returning. Coconut and palm oils are naturally trans fat free. Palm oil in particular has enjoyed a resurgence internationally as a preferred cooking oil. Its excellent stability and high smoke point (437 degrees F.) make it ideal for cooking and frying. In terms of health, it is far superior to hydrogenated soybean oil.

Many restaurants and food manufactures are now replacing their hydrogenated soybean oil with palm oil. Consequently, hydrogenated soybean oil sales are declining. The soybean oil industry is alarmed. In an effort to protect their profits they've returned to their old tried and true means of demonizing the competition in order to make their products more acceptable.

Relying on old friends, such as CSIP, a new wave of attacks have been focused on palm oil. CSPI reverting back to its old standard of trying to create fear in the minds of the public, continues to harp on the saturated fat issue. They have even published full page ads in the New York Times suggesting that palm oil is worse than hydrogenated soybean oil. The impact the CSPI has had with this approach has generally been flat. **Too many people now are aware of the benefits of the tropical oils and the dangers of hydrogenated vegetable oils.** Their anti-saturated fat rhetoric isn't having the same impact as it did in previous years. There is just too much scientific evidence to refute their unfounded claims.

Desperate to find an alternative means of attack, the soybean industry has found a new ally in the **Friends of the Earth**, a highly vocal politically active environmental group. **Fueled by support and misleading data from the soy industry**, Friends of the Earth have now waged a war against palm oil on the grounds that palm cultivation is destroying the environment. They claim that rain forests are being leveled to make room for palm plantations, destroying the ecology and bringing endangered species, such as the orangutan, to the brink of extinction. Anyone with any sense of responsibility for the environment would be emotionally swayed by this argument.

The problem, however, is that it's not true. Like a magician, the soybean industry is a master of illusion. They were successful in creating the illusion that tropical oils caused heart disease and that hydrogenated soybean oils were a better option. Now that we have discovered the secret to that illusion, they are trying to trick us again. This time they are attempting to create an illusion that their competition is harming the environment while they, on the other hand, are environmentally friendly. **In reality, the soybean industry is causing more destruction to the environment than probably any other agricultural industry on the planet.**

In the time it takes to read this entire article, an area of Brazil's Amazon rain forest larger than 200 football fields will have been destroyed, much of it for soybean cultivation

Brazil holds about 30 percent of the Earth's remaining tropical rain forest. The Amazon Basin produces roughly 20 percent of the Earth's oxygen, creates much of its own rainfall, and harbors many unknown species. The Brazilian rain forest is the world's most biologically diverse habitat. Close to 20 percent of the Amazon rain forest has already been cut down.

Now, industrial-scale soybean producers are joining loggers and cattle ranchers, speeding up destruction and further fragmenting the great Brazilian wilderness. Between the years 2000 and 2005, Brazil lost more than 50,000 square miles of rain forest. A large portion of that was for soybean farming.

Soybean production in the Brazilian Amazon soared after heat-tolerant varieties were introduced in 1997. In just ten years, exports of soybeans grown in the Amazon Basin have reached 42 million tons a year. Total annual soybean production in Brazil is about 85 million tons. Brazil will soon surpass the United States as the world's leader in soybean production.

At the current rate of clearing, scientists predict that 40 % of the Amazon will be destroyed, & a further 20 % degraded within 2 decades. If that happens, the forest's ecology will begin to unravel. Intact, the Amazon produces half its own rainfall through the moisture it releases into the atmosphere. **Eliminate enough of that rain through clearing, and the remaining trees dry out and die.** Currently trees are being wantonly burned to create open land for soybean cultivation. Consequently, Brazil has become one of the world's largest emitters of greenhouse gases.

There are few paved roads into the Amazon. The most controversial is the 1,100 mile long BR-163 highway which runs straight into the heart of the Amazon Basin providing an alleyway for industrial-sized soybean operations to grab up millions of acres of land. Because of the thousands of tons of soy transported over this road it is nicknamed the "soy highway."

The decimation of the Amazon is, for the most part, done legally. Even the governor of the state of Mato Gross, on the edge of the Amazon Basin is a part of it. Governor Blairo Maggi is the world's largest single soybean producer, growing 350,000 acres. That's equivalent to 547 square miles of Amazon rain forest that has been leveled for soybean production. He is just one of many industrial-sized soybean operations in the area. In 2005 Greenpeace awarded Maggi the Golden Chain Saw award for his role in leveling the rain forest.

Clearing the land for soybean production is only part of the problem.

- Soybean cultivation destroys habitat for wildlife including endangered or unknown species.
- It increases greenhouse gases, which are believed to contribute to global warming and disrupts the life of indigenous tribes who depend on the forest for food and shelter.
- Soybeans need large amounts of acid-neutralizing lime, as well as fertilizers, pesticides, and herbicides. All of which are creating an environmental hazard.
- Toxic chemicals contaminate the forest, poison rivers, and destroy wildlife. Indigenous Indian communities complain about poisoned water and dying fish.

The environmental destruction caused by soybean farming isn't limited to the Amazon, it occurs throughout the world wherever soybeans are produced. That's hundreds of thousands of acres of deforestation, over cultivation and destruction of the land, and billions of tons of toxic chemicals spewed into the environment year after year, contaminating our soils, water, and destroying wildlife, not to mention what it is doing to us. New genetically modified soy was specifically developed to withstand the toxins so farmers could spray even more pesticides on them without diminishing yields. Talk about destroying the environment, the soybean industry has to rank near the top of the offender's list.

Now, let's take a look at the palm oil industry.

When you compare soy cultivation to that of palm, there is a huge difference. Palm cultivation is perhaps, world's most environmentally friendly commercial crop. After oil palms reach maturity they are commercially productive for at least a quarter of a century. That means that once the trees are planted, the soil remains essentially undisturbed for decades. Unlike soy, were the ground is dug up and re-cultivated every year, year after year. The soil in a palm plantation remains essentially undisturbed. Native grasses & scrubs are allowed to repopulate the space between trees. The natural habitat returns, complete with wildlife. An oil palm plantation takes on the appearance of a rain forest, filled with vegetation

* To read the rest of this article, go to, on [page 93](#) in this essay .

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

**More of Soy's Hidden History,
Lies and Deceptive Business Practices**
Continues ...

The Burning ☹ of The Books ??. **Monsanto's Censorship**



How can you burn books without burning them ?? . How can books be destroyed without destroying them ?? . It is rather simple, actually, especially when it comes to the greed of certain special interest groups, **corporations controlling the media - press, TV, radio, etc.**, and also the government with campaign contributions, and lobbying, otherwise known as legalized bribery. You have probably heard of "**The Golden Rule**"-- **Those that have the most gold make the rules !!.**

Let's take the **2010 Gulf of Mexico Oil Disaster** for example. British Petroleum, BP, bought the rights to certain words on the internet in an attempt to sway, control, to some extent, the public's opinion of BP regarding that big oil disaster.

BP Buys Top Google Search Result for "Oil Spill", July 2010 ... <http://mashable.com/2010/06/08/bp-oil-spill-google/> .

BP has purchased sponsored links that appear at the top of [Google and Yahoo's search results](#) for terms like "oil spill" **in its attempts to improve its public image** in the wake of its massive oil spill in the Gulf of Mexico.

BP's PR problems are severe. U.S. President [Barack Obama](#) said this morning that he's talking to experts so he can determine "whose ass to kick."

BP spends a fortune 'managing Google', July 9, 2010 ... spending \$10,000 a day ...

<http://www.theinquirer.net/inquirer/news/1653454/bp-spends-fortune-managing-google> .

BRITISH PETROLEUM (BP) has decided that the **best way to manage its public relations catastrophe** surrounding the unprecedented ecological disaster it has created in the Gulf of Mexico is to buy up Google search terms.

According to [AFP](#), BP has been buying search terms on Internet search engines **to point users to the company's official public relations crisis page.**

\$10,000 a day might sound expensive but it means that BP **locks "its positive message" into the first position** in online search results returned for the oil-spill terms.

Do you think this kind of situation is new ?? . Well think again. These types of things have been going on what seems like, forever. Don't forget what happened with **rBGH** as revealed in **2003** documentary, [The Corporation](#) on pages 57, 58.

Here is a very interesting example of this sort of thing happening not to long ago with the soy industry.

Between the years **2000** and **2008** I had the wonderful pleasure of talking to **Richard James and his wife Valerie, of Soy Online Service, S.O.S., New Zealand**, several times by phone, long distance, as well as by email. He and his wife were a wealth of information, some of which never ended up being put on his website, like the threats made against his life by various means after he first started the S.O.S. website, including when his house was shot at, a real bullet hole in the outside wall. He also told me some of the dirty tricks the soy industry would do, including publishing soy research that never happened, never existed, and purposely writing soy articles that were completely and totally opposite to the known scientific research, up to the time of the article was written, as the known dangers of soy goes back to **1907** and before.

S.O.S. story continues on next page ...

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

**More of Soy's Hidden History,
Lies and Deceptive Business Practices**
Continues ...

The Burning ☹ of The Books ??.
Monsanto Censorship
Continues ...

Another interesting story Richard James of **SOS** told me is --- By the middle of the **1980's**, the scientific research was still continuing to show more and more the dangers of eating soy. People were beginning to ask important questions on the safety of soy. So, to counter this, in the middle to late **1980's**, for about 5 years, the soy industry hired, and still does hire, scientists to produce research favorable to the soy industry. Their job was, and still is, to show soy is safe and healthy. To do this, Monsanto paid scientists to conduct research that was less than 2 months long, usually only a few weeks long. The soy industry knows, as well as the general scientific community knows, that soy research under about 2 months can and does produce a **false (+)positive** result. The World Health Organization, WHO, **also knows this**, and this is why they make the requirement that "... Sub acute toxicity feeding trials should be **at least 3 months** duration ..." for soy to be considered safe and acceptable. Read about it here on page 74 in this Nov. 2010 soy research essay.

So with this **false (+)positive** information, the soy industry went public, on a publicity campaign promoting soy as healthy. Then, about **1989** and into the early **1990's**, the soy industry went around and bought up, or obtained controlling interest, (purchasing stocks) in book publishing companies in North America, and then told people writing recipe books that they would not have their books published by them, unless the authors used soy and soy ingredients as part of the main ingredient in their recipes. The newly acquired book publishing companies justified this demand based on the research the soy industry paid for and put out in the late **1980's**. So, if you go to a used bookstore and look at recipe books printed before **1990**, or if you still have a recipe book printed, dated, before **1990** -- there is a 99 % likelihood that the book would not have soy as part of its recipes, there would be the rare exception. I have looked at many used recipe books before **1990** and found this to be true. Since **1990** and up to today, the vast majority of recipe books printed in the U.S. still have soy as an ingredient or a main ingredient. **Pretty slick, brilliant, don't you think !!.**

The answer to my many question above, about who is Justine Butler and why did she write those 2 soy articles ?? -- Lies, more lies, deliberate deception, and misdirection by the pro-soy supporters and the soy industry.



Book - "The Truth About The Drug Companies"... it is all about \$ money, by **Marcia Angell** - a former editor of the New England Journal Of Medicine. The New York Review of Books, Volume 51, Number 12, July 15, **2004**. see page 11 in this link ... <http://www.nybooks.com/articles/17244?email> ... and ... <http://en.wikipedia.org/wiki/User:Precautionary> .

1. "... most startling fact about **2002** is that the combined profits for the 10 drug companies in the **Fortune 500** (\$35.9 billion) were more than the profits for all other **490 businesses** put together (\$33.7 billion). **(12) ...**".
2. **"... When I say this is a profitable industry, I mean really profitable.** It is difficult to conceive of how awash in money big pharma is ... "

"... Money, not truth, drives science - even at the expense of the health and lives of the nation's citizens ...", by Dr. Phyllis Mullenix, Ph.D., formerly of Harvard University, Dept. of Neuropathology and Psychiatry, See ... <http://www.whale.to/b/fl2.html> ... and ... http://www.lef.org/fda-museum/8_water/intarticles/fluoride-01-98.html ... **Did Governments Approve Citizens as Toxic Waste Sites ??, Are We Being Poisoned ?? ... and it is no mistake !!.**

Exposing the Endless Lies, Deception, & Cover-up by the Pro-Soy Supporters, and in (? Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers - No Evidence"

This article ... http://www.mayanmajix.com/soy_2010.pdf .

? Freedom Of The Press ?

http://www.nexusmagazine.com

http://www.ranknfile-ue.org/untold.html



"One night, probably in 1880, John Swinton, then the preeminent New York journalist, was the guest of honour at a banquet given him by the leaders of his craft. Someone who knew neither the press nor Swinton offered a toast to the independent press. Swinton outraged his colleagues by replying:

There is no such thing, at this date of the world's history, in America, as an independent press. You know it and I know it.

There is not one of you who dares to write your honest opinions, and if you did, you know beforehand that it would never appear in print. I am paid weekly for keeping my honest opinion out of the paper I am connected with. Others of you are paid similar salaries for similar things, and any of you who would be so foolish as to write honest opinions would be out on the streets looking for another job. If I allowed my honest opinions to appear in one issue of my paper, before twenty-four hours my occupation would be gone.

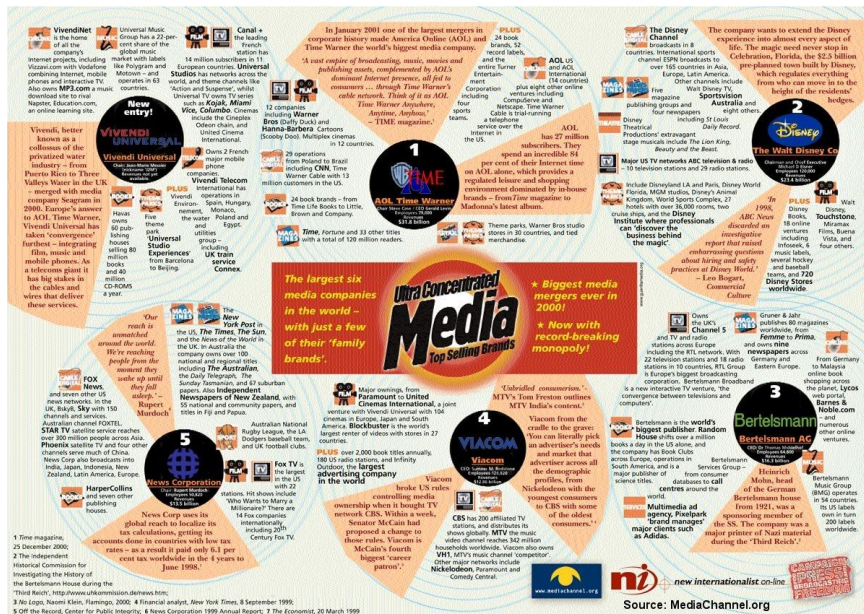
The business of the journalists is to destroy the truth, to lie outright, to pervert, to vilify, to fawn at the feet of mammon, and to sell his country and his race for his daily bread.

You know it and I know it, and what folly is this toasting an independent press ?

We are the tools and vassals of rich men behind the scenes. We are the jumping jacks, they pull the strings and we dance. Our talents, our possibilities and our lives are all the property of other men. We are intellectual prostitutes."

***** (Sad face icon) *****

(Source: Labor's Untold Story, by Richard O. Boyer and Herbert M. Morais, published by United Electrical, Radio and Machine Workers of America, NY, 1955 / 1979.)



Media Ownership Chart - The BIG 6 ... http://farm1.static.flickr.com/167/426687375_ee290b4bd8.jpg ... Who owns what, (Lets Play Monopoly) ... http://www.freedomspheenix.com/Uploads/001/Media/mediamoguls.jpg . In 1980, there were over 50 independent news services in North America, now there is only 6, all interconnected. So, you know why the internet is considered as the last source of accurate news, & why governments are afraid of the internet, because governments are the long arm of the corporations. Politicians plan for the next election, corporations plan for the next 20 years. .../ 49

Whey Vs. Soy Protein Powder

. http://www.ehow.com/facts_5556932_whey-vs-soy-protein-powder.html .



By Aaron Thornton, eHow Contributor

updated: October 22, 2009

There is a big debate going on about whether soy or milk is better for you. This debate has spewed over into protein powders: Is it better to supplement with whey (from milk) protein or soy protein?

Whey Pros

Whey protein may help to support the immune system. An improved immune system keeps you from getting sick and helps your training goals.

Whey protein has factors that in the body translate into growth hormone derivatives. This can help in muscle recovery and overall performance.

Whey protein gets into the blood stream and the muscles fast. This is great for after a workout—it helps to jump-start recovery and give the muscles much needed amino-acids for growth.

Whey Cons

Whey protein is often pasteurized, which can damage some of the proteins & growth factors, rendering them useless to body

Whey protein may be filled with estrogenic chemicals used in the cattle industry to cause weight gain.

Whey protein may cause lactose intolerance issues—when you're lactose intolerant, you don't have the enzyme needed to break down the lactose sugar. This can cause bloating, gas and other intestinal issues. Some proteins have the lactose removed to deal with this problem.

Soy Pros

Soy protein has no lactose sugar. This means that people who are lactose intolerant can drink it without fear of intestinal disturbances.

Soy protein powder is completely plant derived. This is preferred for vegans who avoid the use of all [animal](#) products.

Soy is one of the only plant-based sources of complete proteins. Most plants do not have all of the amino acids required by the body, but soy does.

Soy Cons

Soy Protein is pasteurized, causing it to lose much of its nutritional value. It also has protein-inhibitors that prevent your body from being able to use the protein fully.

The fiber in soy protein can be harsh and tough. This is bad for people with a sensitive digestive tract.

Soy contains [phytates](#), which may inhibit mineral digestion and even iodine absorption. This can potentially cause a loss in bone density, leading to weaker bones or decreased thyroid function, [hypothyroid causing weight gain & lowered metabolism](#)

Soy contains isoflavones that have the potential to increase your estrogen levels. Excess estrogen for men or women can cause increased weight gain and exacerbate other estrogen-related issues.

Much of the soy today is "bathed in a toxic, explosive chemical solvent known as hexane." Hexane may cause a number of [health](#) complications and also is not good for the environment (Resources).

Conclusion and References

Both whey and soy have their pros and cons. **But it appears problems associated with [soy protein are much worse than those associated with whey protein](#). A high quality [whey protein](#) would be best choice.**

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's **2010** Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
This article ... http://www.mayanmajix.com/soy_2010.pdf .

References

The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body [Paperback], Dec. **2007** ... <http://www.amazon.com/gp/product/B000983942009?ie=UTF8&tag=resurpersotra-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=B000983942009> . by Ori Hofmekler

Soy Protein Used in "Natural" Foods Bathed in Toxic Solvent Hexane ... May 20, **1999** ... http://www.naturalnews.com/026303_hexane_soy_food.html .

Resources

Whey Protein, Product ... <http://www.a1supplements.com/Whey-Protein-5-Lbs.-p-2850.html> .

Ingredients:

Whey Protein Blend [Ultra filtered Whey Protein Concentrate (providing b-lactoglobulin, a-lactalbumin, Immunoglobulins and Serum Albumin), Cross-Flow Microfiltered Whey Protein Isolate (providing b-lactoglobulin, a-lactalbumin, Immunoglobulins and Glycomacro Peptides) and Enzymatically Hydrolyzed Whey Protein Concentrate], Fructose, Natural Flavors, Xanthan Gum, Free-Form L-Glutamine, Natural Color and Stevia rebaudiana Herbal Extract.

Whey Protein VS. Soy Protein

. <http://www.proteinsupplementguide.com/whey-protein-vs-soy-protein/> .

Posted on Nov 08, 2009

Ever wonder what was a better protein source, whey or soy? Well, check this table out. **I think this pretty much settles the whey vs. soy debate**. I've always known that **whey protein** is the **best form of protein** available to us. I'll also be posting a large comparison chart in a few weeks which will show whey protein **vs** pretty much every protein source there is! Keep an eye out for that one.

Soy Vs. Whey Protein	Protein Type		
<u>Criteria</u>	<u>Soy Protein</u>	<u>Whey Protein</u>	<u>Better Protein</u>
Biological Value (BV)	74	104	* Whey Protein
Net Protein Utilization (NPU)	61	92	Whey Protein
Protein Efficiency Ration (PER)	2.2	3.2	Whey Protein
Amino Acid Score (AAS)	0.99	1.14	Whey Protein
Protein Digestibility Corrected Amino Acid Score (PDCAAS)	1.00	1.00	* Push
Protein Digestibility Percentage (PD%)	95%	99%	Whey Protein
Glutamine per 100 g of Protein	10.5g	4.9 g	Soy Protein
mg EAA per gram of Protein	378 mg	480 mg	Whey Protein
Arginine per 100 g of Protein	7.6 g	2.9 g	Soy Protein

As you can see whey protein wins on almost every count. **Most important points** you need to note from that table are **biological value (BV) and amino acid score**. These are 2 most important factors that makes whey protein the ultimate product for lean muscle growth.

How many more babies & children, how many people & pregnant women every year, year after year, all around the world will continue to be seriously harmed, or die a needless death **??**. How many more will continue to die a very slow **and** an unimaginably painful death because the truth about the deadly dangers of soy is purposely being ignored, covered-up and denied **??**. Many responsible scientists say in the conclusions and summaries of the abstracts from their scientific research projects "... **people with cancer & a history of cancer should be warned of the dangers of soy ...**". See **Warnings** on page 79 in this essay. But, instead, the soy industry and the pharmaceutical industry are forcing us to participate in a world wide for \$\$ profit experiment without our knowledge or **Consent**. This is **Coercion** & a violation **The Nuremberg Code**. This experiment has as its goal and motivation - to make as much **\$\$** money as quickly as possible, at the expense of people's health, safety, and happiness. By creating a fake food that makes people sick from even before birth - until death, makes an endless supply of customers for the medical / pharmaceutical companies. This is **blood \$\$ money** at its worst. In this soy essay, see the list of Soy dangers on pages 40 top, 41, 77. Also on page 63 - see the bottom paragraph.

The use of soy and soy ingredients in our food supply violates the ... (also see **Blacks Legal Definitions** on pages 87 - 89)

- 1.) **Law of Informed Consent** ... <http://medical-dictionary.thefreedictionary.com/informed+consent> .
- 2.) **The Nuremberg Code** – (10 Principles), 1947 ... <http://ohsr.od.nih.gov/guidelines/nuremberg.html> .
- 3.) **The Hippocratic Oath** – 1st do no harm ... <http://www.members.tripod.com/nktiuro/hippocra.htm> .
- 4.) **The Precautionary Principle** -- The obligation to - prevent harm, (The 4 Principles)
- 5.) **The 7 Principles of Nuremberg Tribunal**, 1950 ... <http://www.icrc.org/ihl.nsf/FULL/390?OpenDocument> .
- 6.) **Universal Declaration of Human Rights**, 1948 -- Article 3 ... <http://www.un.org/en/documents/udhr/#atop> .
- 7.) **The Convention on the Rights of the Child**, Nov. 20, 1989 -- Articles 13, 17, 19 and 27,
... <http://www2.ohchr.org/english/law/crc.htm> ... and ... <http://www.unicef.org/crc/> .
- 8.) **Consent and Coercion** – see definitions below.
- 9.) **U.S. FDA GRAS Status** ... A requirement for any food or food additive. Soy has been denied FDA GRAS Status. Soy industry "applied to the FDA for GRAS twice" and was turned down twice. (1979, 1999)".
 - a. **The Life Sciences** Committee of FASEB in its **1978-9 "Evaluation of Soy Products for Human Consumption"** for the Food and Drug Administration (SCOGS-101 under contract to the FDA # 223-75-2004) **declined GRAS determination because of the risks of carcinogens ... nitrosamines ... lysinoalanines ... also nitrites** that occur during modern processing. (Then, there is scientifically documented natural occurring carcinogenic chemicals in soy called **genistein** & **daidzein**. Also see ... <http://todayyesterdayandtomorrow.wordpress.com/2007/09/16/soy-the-untold-story/> ... <http://www.soyonlineservice.co.nz/02GRAS.htm> ... <http://www.wnd.com/index.php?pageId=39705> .
 - b. Moreover, in **1999**, an application by **Archer Daniels Midland Corp.** for GRAS determination (GRN 00001) for isoflavones was **declined again** due to the failure of the applicant to reveal health risks.
★ ★ ★ This means Soy **has not** been given "**Pre-market Approval**" for its use in our food, so, technically, in the U.S., it is not even legal to put soy or soy ingredients into our food or to sell soy as a food.
- 10.) **"WHO/CODEX – General Food Safety Standards for Soy Protein Products**
... <http://www.soyonlineservice.co.nz/articles/Codex.htm> .
- 11.) **The 1958 "Delaney Amendment" to the USA's FDA Regulations** ... prohibits the use of any food additive or chemical, if it is found to cause cancer in any animal species or in man, at any dose level ... <http://www.pcdf.org/meadows/delaney.htm> .

In view of the evidence that the cancer causing potential of **Soy and Aspartame** is a matter that has been scientifically established WAY BEYOND ANY REASONABLE DOUBT, one must ask:

What is the reason why the FDA refuses to protect people - by refusing to invoke the **Delaney Amendment to the Food, Drug and Cosmetic Act for Soy and Aspartame ??**.

The Delaney Amendment makes it illegal to allow ANY residue of cancer causing chemicals in foods. Given the cancer causing potential of **Soy and Aspartame** is scientifically established and a matter of public record, how can the FDA justify its position that it views a certain amount of **Soy and Aspartame** as constituting an allowable daily intake or 'safe' level of it **??**. Is that position in effect not equivalent to setting a 'tolerance' for this food additive and thus a violation of that law **??**. And if the FDA itself elects to violate the law, as it is now doing, who is left to protect the health of the public **??**." **Congressional Record** SID835:131 (8/1/85) ... <http://www.rense.com/general92/lunjl.htm> .

Informed Consent ... <http://medical-dictionary.thefreedictionary.com/informed+consent> .

Consent given with **full knowledge** of the **risks** involved, probable consequences, and **alternatives**. (In order for informed consent to be considered valid, the client must be competent and consent should be given voluntarily).

Columbia Encyclopedia: Coercion Electronic Edition, Copyright © 2004

Coercion ... <http://www.answers.com/topic/coercion> ...

coercion, in law, the unlawful act of compelling a person to do, or to abstain from doing, something by depriving him of the exercise of his free will, particularly by use or threat of physical or moral force. In many states of the United States, statutes declare a person guilty of a misdemeanor if he, by violence or injury to another's person, family, or property, or by depriving him of his clothing or any tool or implement, or by intimidating him with **threat** of force, compels that other to perform some act that the other is not legally bound to perform. Coercion may involve other crimes, such as **assault**. In the law of contracts, the use of unfair persuasion to procure an agreement is known as **duress**; such a contract is void unless later ratified. At common law, one who commits a crime under coercion may be excused if he can show that the danger of death or great bodily harm was present and imminent. However, coercion is not a defense for the murder or attempted murder of an innocent third party.

Consent ... <http://www.businessdictionary.com/definition/consent.html> ...

Express or implied **approval**, or **voluntary agreement**, **compliance**, or permission for some **act**, **decision**, or purpose. Consent obtained through **coercion**, **fraud**, or **undue influence** is **invalid**.

Who really is **Justine Butler** ?? ?? ?? ?? Did **Justine Butler** really write those 2 soy articles ?? ?? Why is she trying to keep people from making an informed CHOICE, decision ?? ?? "**Oh what a tangled web we weave when first we practice to deceive**". **The weed of crime bears bitter fruit. Does the soy industry and all of its supporters really think they'll all get away with it ?? Do they really think I, We wouldn't know ??**

"The Truth Marches On" ... **Emile Zola** and **"The Dreyfus Affair"** ... France, 1894 - 1898 ... and author of many books ... <http://www.georgetown.edu/faculty/guieuj/libproj.htm> ... and ... http://www.dreyfuscase.com/html/dreyfus_affair.html .

So, in order to answer these important questions, and many more, we must fully understand the intent and motive behind these 2 soy articles by **Justine Butler** ?? Some very, very important questions must be asked from now on, such as –

1. Why is this and a lot more very important information about the dangers of soy being denied, ignored and suppressed ??
2. (? Dr.) Justine Butler claims to be a **Health Campaigner for the Vegetarian & Vegan Foundation**, in the 2006 soy article. But, who is she, really ??
3. Why would Justine Butler write 2 very misleading article about soy, one in 2006 ... **There's no risk to humans from soya**, and then again in 2010 ... **There's no evidence that soya is harmful to humans** ... ??
4. Where and from whom did she get her information for the 2 soy articles ??
5. Why has Justine Butler accused people of scaremongering, when the only thing that is being done is to uncovering the existing scientific truth which she appears so bold and **♥ Heartlessly** ignore ??
6. **Child Abuse** ??
 - a. Could it also be true that feeding soy to children and **soy infant formula to babies is Child Abuse** ?? See the bottom of Page 7 -- in my 144 page soy research paper, Soy – Abundance of Health Hazards.
 - b. Elaine Hollingsworth explains why – **"it is Child Abuse to feed a baby soy infant formula"** in her book ... **"Take Control of Your Health & Escape the Sickness Industry"** ... to start see page 12 in this link to Chapter 9 - **"Soy - The Abominable Bean"** ... <http://www.doctorsaredangerous.com/ChapterNine.pdf> .

Soy Online Service, S.O.S. says - People and organizations who would deliberately withhold information that would harm children, babies, and the fetus can only be described as the lowest and cruelest forms of life on the planet ... **no way** ... Please, lets put it even **far more accurately** than that ... Lets say ... even much lower **and** far more cruel than the cruelest.

So, in light of this and a lot more information on the dangers of soy, I highly recommended ... **in order to protect yourself and the ones you ♥ Love** ... **read the ingredient labels on all the food you buy, & if you find soy, flax, canola, cottonseed oil, or MSG, or aspartame as an ingredient, simply switch brands to avoid them !!** **Vote with your pocket book.** .

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in

(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"

This article ... http://www.mayanmajix.com/soy_2010.pdf .

Book - "The Truth About The Drug Companies" ... it is all about \$ money, by **Marcia Angell** - a former editor of the New England Journal Of Medicine. The New York Review of Books, Volume 51, Number 12, July 15, **2004**. see page 11 to this link ... <http://www.nybooks.com/articles/17244?email> ... <http://en.wikipedia.org/wiki/User:Precautionary> .

"... most startling fact about **2002** is that the combined profits for the 10 drug companies in the **Fortune 500** (\$35.9 billion) were more than the profits for all other **490 businesses** put together (\$33.7 billion). (**12**) ...".

"... **When I say this is a profitable industry, I mean really profitable**. It is difficult to conceive of how awash in money big pharma is ...".

"... **Money, not truth, drives science - even at the expense of the health and lives of the nation's citizens ...**", by Dr. Phyllis Mullenix, Ph.D., formerly of Harvard University, Dept. of Neuropathology and Psychiatry, See ... <http://www.whale.to/b/fl2.html> ... and ... http://www.lef.org/fda-museum/8_water/intarticles/fluoride-01-98.html ... **Did Governments Approve Citizens as Toxic Waste Sites ??, Are We Being Poisoned ?? ... and it is no mistake !!**.



"... **Throughout all stages of human history** -- intellectuals and authority figures of the day have pronounced their supremacy by **ridiculing or suppressing** elements of reality that simply didn't fit with in the framework of (at that time) accepted (political and scientific) knowledge ..." This quote can be found at ... 4 minutes to 4 minutes 30 seconds into the video documentary ... **The Day Before Disclosure** ... <http://www.thedaybeforedisclosure.com/> .
Some examples ...

--- **Galileo Galilei** - February 15, **1564** – January 8, 1642

Look what the Catholic Church did to suppress the scientific truths Galileo discovered. He was put under house arrest and his book was banned for 200 years, all for challenging the beliefs of the time period including supporting the Copernican system -- the Sun and not the Earth was the center of the Universe. ."^[8] **Stephen Hawking** says, "Galileo, perhaps more than any other single person, was responsible for the birth of modern science."^[9] .

... http://webcache.googleusercontent.com/search?q=cache:jygmhcPLbDMJ:en.wikipedia.org/wiki/Galileo_Galilei+galalio&cd=1&hl=en&ct=clnk&gl=ca .

--- **Just a little over 100 years ago** ... it was thought that heavier than air machines could not fly.

--- **Vitamin C and the medical system** ... <http://students.depaul.edu/~svonk/linkfour.html> .

It took almost 200 years for the medical system to accept the health benefits. **In the winter of 1557**, Jacques Cartier, an established explorer, curiously noted that his sailors who had digested oranges, limes, and berries did not get scurvy, and those who had the disease recovered ... **In 1742, James Lind**, a British doctor, was the first person to establish that there was a definite connection between the diet and scurvy. (Even today, the mainstream medical system in is denial of the nutritional health benefits of Vitamin C., ... for more on this Google CODEX.)



Neapolitan said, "... Morality is on the side of those with the heaviest artillery (or the most gold, The Golden Rule).

It doesn't have to be that way, Money does not always drive science. There is another way, and it has been around since he beginning of time.

Socrates (469 - 399 BC) said about Courage ... "Examine your thoughts, statements and actions by pursuing their implications, on the assumption that if they are true, they would not lead to false consequences," and about "**Humanitarian Action**" ... "Choose wisdom so that society is incapable of doing wrong."

The Columbia Encyclopedia, © **1968**, page 1967.

"**Ethics**" ... **n. pl., 1.)** The Principles of morality, including both the science of the good and the science of right.

The American College Dictionary, © **1964** .

The Precautionary Principle

The obligation to - prevent harm

. <http://www.sdearthtimes.com/et0398/et0398s4.html> .



Experiments should be so conducted as to
avoid all unnecessary physical and mental suffering and injury.

Pages 113, 114, Soy - Abundance of Health Hazards

Thus, as formulated here, The Principle of Precautionary Action has 4 parts:

1. People have a duty to take anticipatory action to prevent harm. (As one participant at the Wingspread meeting summarized the essence of the precautionary principle, "If you have a reasonable suspicion that something bad might be going to happen, you have an obligation to try to stop it.")
2. The burden of proof of harmlessness of a new technology, process, activity, or chemical lies with the proponents, not with the general public.
3. Before using a new technology, process, or chemical, or starting a new activity, people have an obligation to examine "a full range of alternatives" including the alternative of doing nothing.
4. Decisions applying the precautionary principle must be "open, informed, and democratic" and "must include affected parties."

The Precautionary Principle is not really new. The essence of the principle is captured in common-sense aphorisms such as "An ounce of prevention is worth a pound of cure," "Better safe than sorry," and "Look before you leap." However, environmental policy in the USA and Europe for the past 70 years has been guided by entirely different principles perhaps best reflected in the aphorisms, "Nothing ventured, nothing gained" and, "Let the devil take the hindmost."

The Nuremberg Code, 1947 ... <http://ohsr.od.nih.gov/guidelines/nuremberg.html> ... says -- "**The voluntary consent of the human subject is absolutely essential.** This means that the person involved should have legal capacity to give consent; should be so situated as to be able to exercise free power of choice, without the intervention of any element of force, fraud, deceit, duress, over-reaching, or other ulterior form of constraint or coercion; and should have sufficient knowledge and comprehension of the elements of the subject matter involved as to enable him to make an understanding and enlightened decision."

- 4.) Experiment should be so conducted as to **avoid all unnecessary physical & mental suffering & injury.**
- 9.) During the course of the experiment the human subject should be at liberty to bring the experiment to an end if he has reached the physical or mental state where continuation of the experiment seems to him to be impossible.
- 10.) During the course of the experiment, the scientist in charge **must be prepared to terminate experiment at any stage**, if he has probable cause to believe, in the exercise of the good faith, superior skill and careful judgment required of him that a **continuation of the experiment is likely to result in injury, disability, or death** to the experimental subject.

Socrates would probably say ... In a situation like putting harmful, toxic and **deadly** ingredients into our food supply, ... **Can you do the "right thing" ??**, even if it means challenging the authority figures and rules of the day, **and then** do it again, and again and again **??**. Are you strong enough, and **do you have the "Courage"** to follow my example, Socrates example of "Examining your thoughts, statements and actions by pursuing their implications, on the assumption that if they are true, they would not lead to false consequences **??**." Then, **if you can**, you have been able to touch the **♥ Heart** and **♥ Love** of **God** with your **♥ Heart**, with your thoughts, and with what you have said and done with your life on earth ... this time ... and then each time hereafter. .../ 55

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
This article ... http://www.mayanmajix.com/soy_2010.pdf .

[The 7 Principles of the Nuremberg Tribunal, 1950 ... http://www.icrc.org/ihl.nsf/FULL/390?OpenDocument ...](http://www.icrc.org/ihl.nsf/FULL/390?OpenDocument)

7 Principles of International Law

Recognized in the Charter of the Nuremberg Tribunal and in the Judgment of the Tribunal.

[Principle 2](#) The fact that internal law does not impose a penalty for an act which constitutes a crime under international law does not relieve the person who committed the act from responsibility under international law.

[Principle 3](#) fact that a person who committed an act which constitutes a crime under international law acted as Head of State or responsible Government official does not relieve him from responsibility under international law

[Principle 6](#) The crimes hereinafter set out are punishable as crimes under international law:

6.C.) "Crimes Against Humanity":

Murder, extermination, enslavement, deportation and other inhumane acts done against any civilian population, or persecutions on political, racial or religious grounds, when such acts are done or such persecutions are carried on in execution of or in connection with any crime against peace or any war crime.

* * *

[Universal Declaration of Human Rights, 1948 ... http://www.un.org/en/documents/udhr/#atop](http://www.un.org/en/documents/udhr/#atop) .

Article 3

Everyone has the right to life, liberty and security of person.

[Security of Person ... http://www.beyondintractability.org/essay/security/](http://www.beyondintractability.org/essay/security/) .

On the individual level, **security** is most often understood as safety. This safety includes freedom from harm, whether physical or psychological. Threats to an individual's **security** can produce the fear or anxiety mentioned above. [The United Nations Universal Declaration of Human Rights](#) states that ... all people are entitled to "**security of person**". This declaration reinforces the concept of freedom from physical and psychological harm. Yet, what measures will be taken to protect an individual from harm ?? The most common forms of protection are legal structures that protect individuals from threats to their **security**. These include, but are not limited to, laws against murder, sex crimes, bodily harm, theft, psychological harm such as coercion. ([Coercion definition below](#))

* * *

[Convention on the Rights of the Child, \(Nov. 20, 1989 \) ... http://www2.ohchr.org/english/law/crc.htm](http://www2.ohchr.org/english/law/crc.htm) .

[... http://www.unicef.org/crc/](http://www.unicef.org/crc/) .

Article 19

★ 1. States Parties shall take all appropriate legislative, administrative, social & educational measures to protect child from all forms of physical or mental violence, **injury or abuse**, neglect or **negligent treatment, maltreatment (harm, injury, hurt, violation)**, or exploitation, including sexual abuse, while in the care of parent(s), legal guardian(s) or any other person who has the care of the child.

2. Such protective measures should, as appropriate, include effective procedures for the establishment of social programmes to provide necessary support for the child and for those who have the care of the child, as well as for other forms of prevention and for identification, reporting, referral, investigation, treatment and follow-up of instances of child maltreatment described heretofore, and, as appropriate, for judicial involvement.

I have easily proven that putting soy into our food supply without telling us about many serious & sometimes DEADLY health hazards of eating soy, **with no informed consent**, even after responsible scientists have said many time - the public should be warned, is [a Inhumane Act](#), and as such, by definition, is definitely [a Crime Against Humanity - under Principle 6.c.\) in The 7 Principles of the Nuremberg Tribunal, 1950](#) and [The Nuremberg Code, 1947](#).

Both Justine Butler, or whoever you are, and the Guardian UK have both committed Inhumane Acts with the many obvious lies in the 2 soy articles in **2006, 2010**. This is because the miss-information about soy can only be written and published to intentionally intend to mislead and misdirect people in such a way that the end result of relying on and using the false information (scientifically proven to be false), will seriously injure and/or kill countless numbers of children and people year after year after year. By definition this is Child Abuse and also Inhumane Acts, which easily qualify as Crimes Against Humanity. Money received for writing & publishing these soy articles can only be referred to as **blood money**. Guardian UK should have 1st checked out the accuracy of the information before publishing the articles, unless, of course, they knew a head of time the info. was false to begin with, and printed the articles anyway for the purpose of harming others. The important question is ... what did they know & when did they know it, before printing ??.

Who really is Justine Butler any way ?? **What was the purpose of the soy articles ??**. Let's try and answer this.

If Justine Butler really is a Doctor ??, then why is the notation (Dr. Doctor) omitted at the top of each of the Guardian UK soy articles in question, but then include in the description of who she is at the end of the **2006** soy article, and not the **2010** article ?? . A Doctor of what ?? . What does she have to hide by not putting the notion Dr. with her name at the beginning of each soy article ?? . If she really is a Doctor of some type, then she should be proud of it and include the notation with her name. Why isn't there any educational background listed by her or by the Guardian UK ?? .

If she really is a Doctor, then she would have the education, background and training to know how to properly and thoroughly research a topic in order to graduate from an educational institution of higher learning. **Her 2 soy article show no evidence of her doing even the simplest most rudimentary surface investigation of what she has written about**. If a high school student submitted her 2 soy articles to their teacher, the teacher would have easily given her a failing grade.

You will notice in the reader Comment Section at the bottom of each of Justine Butlers 2 Soy articles in question here **that many of the readers know more about the truth and dangers of soy than she does, than the author does**. How can this be ?? . Amazing !! . Some readers even give their own references about the dangers of soy.

Because there is no description of Justine Butler or any personal educational qualifications for writing the soy articles, In Sept. **2010**, I Googled her name & all I could come up with, (with any substance), was the 1st soy article she wrote in **2006** that says she is a "Health Campaigner for the Vegetarian & Vegan Foundation." But still, no specific description of her personal educational qualifications, other than the a notation by the Guardian UK saying she is a Doctor at the bottom of the **2006** soy article. Why ?? . A Doctor of what ?? . What does she have to hide ?? . **Her 2 soy articles are so hauntingly similar within themselves, & appear to be a cookie cutter type pattern of other pro-soy articles I have read since 1999**. Her 2 soy articles also look like a slick marketing campaign, a political type of campaign for promoting and selling soy while trying to discredit, ignore and deny both the scientifically known dangers of eating soy, and those who caringly try to expose the denied and ignored dangers. So, I began to wonder, could these article be a deliberate attempt to misdirect people to wrong conclusion in order to get people to believe soy is safe & healthy ?? . Could these 2 soy articles & many other similar ones be written by a Ghostwriter(s) from the pro-soy lobby, the soy industry, or Big Pharma or ??.

Who really is Justine Butler any way ?? . Did she really write those 2 soy articles ?? . Lets try and answer this.

I think these soy articles go a long way to discredit the Guardian UK creditability, and they should be very embarrassed for having posted both of Justine Butler soy articles in **2006, 2010** without FIRST checking the facts for themselves. If the Guardian UK had checked before hand, as a responsible publication would have, they would soon realize that they could not have verified Justine Butler's claims about soy or the (-)negative claims she made about those individuals and organizations she has tried to discredit. I think **Guardian UK** should write a retraction and an apologize to their readers who are looking for and are in need of and are relying on accurate information for improving their health and to those who are faced with a life threatening illness that depends on truthful information to live a happy, pain free life, to also apology to those people whose lives have already been destroyed by the lies in Justine Butler's soy articles, and others like them.

You can see from what I have presented here so far, and what I am about to present, that Justine Butler really does not know what she is writing about. May be she has been paid for the 2 soy articles by being used as a Ghostwriter for soy industry ?? .

Ghostwriting



Ghostwriting ... en.wikipedia.org/wiki/Ghost_writers ... A ghostwriter is a professional writer who is paid to write books, articles, stories, reports, or other texts whose authorship is officially credited to another person. With medical ghostwriting, pharmaceutical companies pay both professional writers to produce papers and then pay other scientists or physicians to attach their names to these papers before they are published in a medical or scientific journals.

July 9, 2010 ... **Busted - Wyeth Pharmaceuticals Used Ghostwriters To Place Over 40 “Scientific” Articles In Medical Journals** ... <http://beyondthecurtain.wordpress.com/2010/07/09/busted-wyeth-pharmaceuticals-used-ghostwriters-to-place-over-40-scientific-articles-in-medical-journals/> ...

Documents unsealed as part of a lawsuit against drug giant Wyeth Pharmaceuticals reveal company used **ghostwriters** to prepare at least 40 medical journal article promoting use of its hormone-replacement drug Prempro.

Dec. 14, 2008 ... **Wyeth Paid Ghostwriters to Author Favorable Medical Journal Articles on its HRT Drugs** ... http://www.naturalnews.com/News_000614_Wyeth_medical_journals_ghostwriting.html ...

Financial collusion between Big Pharma & medical journals is even deeper and more intertwined than we suspected. Documents revealed by Sen. Charles Grassley's office show that the drug company Wyeth paid Ghostwriters to author medical journal articles hyping up the benefits of its HRT drug Prempro.

“Attempted-forced Ghostwriting”

Here is an unusual, or may be even typical, modern day, example of “attempted-forced Ghostwriting.” (see [page 104 in my 144 page soy research paper ... Soy - Abundance of Health Hazards.](#)) Here is an example of a brave, bold and unique Award Winning 2003 Documentary dares to tell the truth about what happens in the real world, behind the scenes called - The Corporation ... <http://www.thecorporation.com/> ... in this documentary there is a story about **rBGH**. Also, please see Rotten to the Core - Corporate Dishonesty Officially Promoted, Feb. 21, 2002, pages 110 - 112 in my Soy research paper.

The rBGH Dairy Cow Story

The Corporation -- Part 17 of 23 ... <http://www.youtube.com/watch?v=eZkDikRLQrw> ... 11 min ... 29 sec.

In part of the documentary, The Corporation, there is a short story about the cancer causing Monsanto drug called **rBGH**. Monsanto's **rBGH** is a G.E., genetically-engineered hormone sold to dairy farmers, who inject it into their cows every two weeks to increase milk production.

This documentary very powerfully and eloquently shows how 2 Florida TV investigative journalist's reporters produced a made for TV documentary showing that **rBGH**, a drug injected into cows also causes **cancer**. During their investigation, the 2 reporters found out that Monsanto knew of the danger from its own research, but kept the information from the FDA, suppressed the info, in order to get **rBGH** approved by the FDA. Monsanto finds out about what is in the Florida TV documentary at the last moment, and threatens Fox News. Then, Monsanto and Fox News tries to have the script of the documentary rewritten, re-writes 83 times, (over the objection of the 2 reporters). One very important change, re-write, was to have the word **Cancer** replaced with the words human health implications. The 2 reporters refused to agree to the changes, so the documentary never aired on TV. Because the 2 investigative reporters refused to agree to changes in the documentary script, Fox News fired them.

Then the 2 Florida investigative reporters filed a Whistleblower Law Suit with Fox News. The reporters won the lawsuit and also won **\$425,000** based on Fox News trying to make the reporters agree to changes that were demonstrated to be false, distorted and misleading (news distortion). But then, Fox News and 5 other major news media corporations shopped around for over 2 years until they found an appeal judge to re-hear the case. The verdict was over turned on appeal on a technicality, which is “... in Florida - it is not against the law to lie, to falsify news, for news broadcast ... “. Now, how about that !!. Can you believe it ??.



Page 104

The Corporation ... <http://www.thecorporation.com/> ... **2003** award winning documentary Movie, book - by **Joel Bakan**
Watch free ... <http://www.documentarytube.com/the-corporation-documentary-full-version> ... 2 hrs ... 23 minutes
imdb ... <http://www.imdb.com/title/tt0379225/> .

Joel Bakan’s ... Mini Biography ... imdb ... <http://www.imdb.com/name/nm1538175/bio> .

From Lansing, Michigan, Joel Bakan moved in **1970** with his parents to Vancouver, British Columbia, Canada, where he graduated from Eric Hamber Secondary high school. He went on to earn a BA at Simon Fraser University (**1981**), and then, as a Rhodes Scholar, a BA in law from Oxford University in **1983**. After receiving a Canadian law degree at Dalhousie University (**1984**), he served as Law Clerk to Supreme Court of Canada for Chief Justice Brian Dickson in 1985, and then went to Harvard where he completed master's degree in law (**1987**).

He was assistant professor at Toronto's Osgoode Hall Law School for 2 years when he returned to Vancouver to join the **Faculty of Law at the University of British Columbia** . as an Associate Professor. Today, Law Professor Bakan teaches Constitutional Law and theory at UBC.

The 6 ✓ checked points below are thoroughly explained in the **2003** Documentary "**The Corporation**," by Mark Achbar, which is based on Joel Bakan's book "**The Corporation: The Pathological Pursuit of Profit & Power**".

The World Health Organization, W.H.O.

Personality Diagnostic Checklist ICD-10, Manual of Mental Disorders DSM-IV

Subject: The Corporation, (and its distinguishable characteristics)

- | | |
|---|--|
| ✓ Callous unconcern for the feelings of others. | ✓ Incapacity to experience guilt. |
| ✓ Incapacity to maintain enduring relationships. | ✓ Reckless disregard for safety of others |
| ✓ Deceitfulness: repeated lying and conning others for profit. | |
| ✓ Failure to conform to social norms with respect to lawful behaviors. | |

The Diagnosis: Psychopathic Personality Disorder

Neapolitan said, "... Morality is on the side of those with the heaviest artillery (the most money) (who own the news) .

**Media Ownership Chart – The BIG 6 ... http://farm1.static.flickr.com/167/426687375_ee290b4bd8.jpg ...
Who Owns What ... Lets Play Monopoly ... <http://www.freedomsphoenix.com/Uploads/001/Media/mediamoguls.jpg> .**

In **1980** there were over **50** independent news services in North America, now there is only 6 , all interconnected. This is **why** the appeal was overturned in favor of Fox News

“... Money, not truth, drives science - even at the expense of the health and lives of the nation’s citizens ...”, by Dr.. Phyllis Mullenix, Ph.D., formerly of Harvard University, Dept. of Neuropathology and Psychiatry, See ... <http://www.whale.to/b/fl2.html> ... **and ... http://www.lef.org/fda-museum/8_water/intarticles/fluoride-01-98.html ... Did Governments Approve Citizens as Toxic Waste Sites ??, Are We Being Poisoned ?? ... and it is no mistake !!.**

"Oh what a tangled web we weave when first we practice to deceive" . <http://www.quotationspage.com/quote/27150.html> .

This type of business practice by big corporations, of suppressing scientific truth that interferes with their profits, is also very common in the pharmaceutical industry, and it is a big part of the way Big Pharma conducts their business.

Isn't it very interesting, Monsanto is pharmaceutical company, yet they are not willing to follow **The Hippocratic Oath – 1st do no harm**, in their business practices.

Why Do Scientists Use Mice ??



(?Dr.) Justine Butler claims soy research is flawed and unreliable because it is done on mice. And she says soy experiments on mice are done by injection of phytoestrogens. This can not be further from the truth, with responsible research. I have included research abstracts that show **mice are feed diets of soy estrogens during experimentation, not injected with estrogens**. Just because research is done on mice, does not make the results unreliable. It is also done on other animals and aquatic life. Also a large part of the important research is done on **human cells in vivo and vitro** and there is also documentation of the human experience (what happens in real life) showing the dangerous side effects of soy that farify - match - and - confirm the results in experimental animal research.

★ (Every man-made pollutant ever found to cause cancer in humans is also identified as a carcinogen in animal studies (Melnick, 2008). Animal tests have averted huge amounts of human suffering by providing health authorities with the science they needed to ban the use of scores of toxic chemicals & drugs. EWG 2008)

Why Do Scientists Use Mice ?? ... <http://www.the-aps.org/pa/animals/quest1.html> ...

Scientists use animals to learn more about health problems that affect both humans and animals, and to assure the safety of new medical treatments.

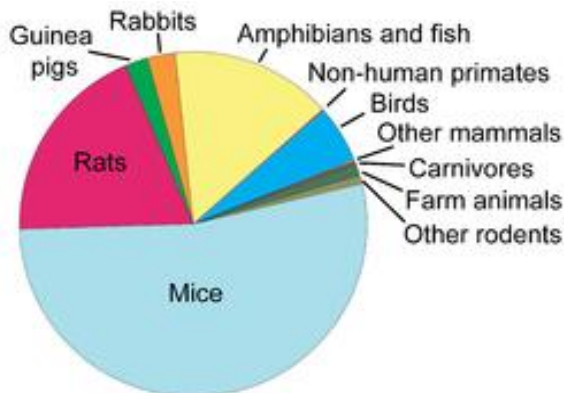
Medical researchers need to understand health problems before they can develop ways to treat them. Some diseases and health problems involve processes that can only be studied in a living organism. Animals are necessary to medical research when it is impractical or unethical to use humans.

Animals make good research subjects for a variety of reasons. Animals are biologically similar to humans. They are susceptible to many of the same health problems, and they have short life-cycles so they can easily be studied throughout their whole life-span or across several generations. In addition, scientists can easily control the environment around the animal (diet, temperature, lighting, etc.), which would be difficult to do with people. However, the most important reason why animals are used is that it would be wrong to deliberately expose human beings to health risks in order to observe the course of a disease.

wikipedia.org/ ...

http://webcache.googleusercontent.com/search?q=cache:BQ7ZSV5sHNsJ:en.wikipedia.org/wiki/Animal_testing+why+use+mice+in+experiments&cd=4&hl=en&ct=clnk&gl=ca .

In the U.S., the numbers of rats and mice used is estimated at 20 million a year.^[50] Other rodents commonly used are guinea pigs, hamsters, and gerbils. Mice are the most commonly used vertebrate species because of their size, low cost, ease of handling, and fast reproduction rate.^[59] Mice are widely considered to be the best model of inherited human disease and share 99% of their genes with humans.^[59]



Why Do Scientists Use Mice ?? ... http://wiki.answers.com/Q/Why_do_scientist_use_mice_in_experiments...

Because Mice are mammals, Like humans, so the reactions mice have is likely to be like human reactions. It's also safer, because people think that humans are superior to mice etc.

So if something goes wrong it's less likely to be a big 'oh my god! No!' type of thing .

(? . Dr.) Justin Butler says in her July 1, 2010 article ...

More and more scientists and doctors are acknowledging that the results of Animal Experiments should not form the basis of a public health policy. Dr Kenneth Setchell, professor of paediatrics at Cincinnati Children's Hospital, states that mice, rats and monkeys all metabolise Soya isoflavones differently from humans and that the only appropriate model for examining human reproductive development is the **human infant**. (refer to -- on page 27)

What is said in that paragraph is very interesting. I would not expect it from a Doctor in our civilized society. Let's examine her suggestion in the above paragraph. Where does she get the idea ?? . where is the evidence ?? . who supports this idea of what she has said here ?? . "...More and more scientists and doctors are acknowledging that the results of animal experiments should not form the basis of a public health policy...". In the previous pages, here, I have just given the reasons why the scientific community uses animals. How can she be a doctor and say that. What about **The Hippocratic Oath** ?? . I hope she has mis-quoted Dr Kenneth Setchell, for his sake, because experimenting on children, infants & fetuses is against international law, since shortly after 2nd World War, see The Nuremberg Code on page 51, 54. What is suggested is unimaginably barbaric, inhumane, & unthinkable to the standards of today's civilized society.

Can you imagine an infant, a fetus, a pregnant woman, or young child giving their informed consent to be experimented on ?? . Informed consent meaning being fully aware of the consequences of what they would be consenting to ?? . Can you imagine a loving mother, a loving father, giving their consent to having their child, or their unborn child experimented on by known scientifically proven carcinogenic substances like soy or even unknown chemical substances for that matter ?? . Justine Butler, are you friends with horror movie star, Boris Karloff. **or the Nazi doctors of WW-2** ?? . I had hoped that people from the WW-2 who lived during the era of the Nazi concentration camp holocaust in Germany, & who held & promoted those ideas you have expressed here, had all died-out by now. I am extremely disappointed there are still some around now. Visit this website below and educate your self before it is too late, before you die, save yourself.

The Alliance for Human Research Protection, AHRP ... <http://www.ahrp.org/cms/content/view/18/87/> .

AHRP mission is to stand up - and speak out - for the human rights of research subjects - especially those who are vulnerable and /or susceptible to coercion, manipulation and exploitation. Those who are incapable of exercising their right to **informed consent** are in greatest need of protection from research abuse. **AHRP** is the best-known, most visible, proactive citizens' watchdog organization bringing to public attention - through our daily Infomails - issues affecting the safety of people in clinical trials.

On page 51 - of this essay and you will find this list ... (also see Blacks Legal Definitions on pages 87 - 89)

- 1.) **Law of Informed Consent**,
- 2.) **The Nuremberg Code** – (10 Principles), 1947 ... <http://ohsr.od.nih.gov/guidelines/nuremberg.html> .
- 3.) **The Hippocratic Oath** – 1st do no harm ... <http://www.members.tripod.com/nktiuro/hippocra.htm> .
- 4.) **The Precautionary Principle** -- The obligation to prevent harm, (The 4 Principles)
- 5.) **The 7 Principles of Nuremberg Tribunal**, 1950 ... <http://www.icrc.org/ihl.nsf/FULL/390?OpenDocument> .
- 6.) **Universal Declaration of Human Rights**, 1948 -- Article 3 ... <http://www.un.org/en/documents/udhr/#atop> .
- 7.) **The Convention on the Rights of the Child**, Nov. 20, 1989 -- Articles 13, 17, 19 and 27,
... <http://www2.ohchr.org/english/law/crc.htm> ... and ... <http://www.unicef.org/crc/> .

Who really is (? Dr.) Justine Butler any way ?? . Her kind of proposed barbaric acts were outlawed over 50 years ago after the Second World War, and now she wants to bring them back on a world wide scale. Unimaginably frightening.

Justine Butler, you have really out done your self this time with incompetence as defined by **Physicians and Scientists for Responsible Application of Science and Technology, PSRAST**. On Page 1 in this essay.

★ Pregnant women & their unborn child are at greater risk of harm from soy ingredients in our food.

Toxic ingredient soy in genistein crosses the placenta and blood-brain barrier, "teratogenic," causing birth defects, as tests have shown. The placenta does not represent a barrier to these poisons. Children, especially children – who in some instances may be affected by soy products consumed either by themselves (for instance, in baby formula) or by their mothers prior to giving birth need to be protected from these health hazards. The fetus, infants and children are most vulnerable and defenseless individuals of our society. The greatest responsibility we have is to **protect** them & our environment.

Is Fermented Soy Really **Cancer** Chemo-preventative ??.

The Con and Fraud that **Kills** Cancer Patients & The Ones you ♥ Love

The **Dirty** Little Secret about Fermented Soy The Soy Industry
Never Wants To Talk About, & Never Wants You To Know

<http://www.soyonlineservice.co.nz/> .



The soy industry claims "... fermented soy products like, Natto, Tempeh, Soy Sauces, and Miso are particularly rich in the isoflavone aglycones, Genistein and Daidzein, which they say are believed to be cancer **Chemo-preventative ...**". **Belief** - is the key word here, not proof (no proof provided). The implication is that these natural occurring chemical compounds are good, for instance in cancer prevention, if they are consumed (not exactly staples of Western diets), **when in fact it is exactly these very same chemicals that are the endocrine disrupters** which have so alarmed many independent scientists around the world. Genistein in particular is fingered, proven, by FDA scientists, S.S. Kuan, O.J. Francis, et al, at the **FDA's NCTR** and the New Orleans **Poisonous Plants laboratories**, way back in **1991**, as being carcinogenic, estrogenic, cytotoxic, anti-thyroid, on research lasting over 3 months, (see page 126, in Soy Abundance of Health Hazards) ... (also see 10th World Congress Report, page 527). Also see WHO standards for soy on page 73, 74 in this essay. There's more.

★ **The 1st part of "The Dirty Little Secret."** ... The soy industry also **KNOWS** but still **NEVER** tells people when claiming fermented soy is "Chemo-preventative" is -- it all depends on the dose levels of these chemicals, {{{ even though this **principle of "Dose Levels"** has been a basic teaching for over 500 years, since **1500's** in science of **Toxicology ...** way back to the famous Swiss physician "**Paracelsus**" ... <http://www.mindfully.org/Pesticide/Paracelsus-Dose-ToxicologyOct01.htm> }}}. Genistein & daidzein at high chemotherapy dose levels kills cells, cancer cells, & also people too – at even lower levels !!.

★ **The rest of "The Dirty Little Secret"** ... just happens to be the very best part, which is ... fermentation has been used to lower the toxic levels of these 2 chemicals in soy, as far back, way back to **Chou Dynasty (1134 - 246 B.C.)**. See the top of page 6. But, by making soy less toxic, through fermentation, does **NOT** make it non-toxic, page 5. Scientific research clearly demonstrates, at ordinary dietary levels in non-fermented soy, genistein and daidzein disrupts and damages immune and hormone system, and also causes variety of health problems including **cancer(s)**, **DNA damage**, and even **DEATH**.

So, the dose levels needed in the patient's blood for these 2 toxic chemicals to be "**Chemo-preventative**," especially in the non-fermented soy, are far beyond those achievable even at normal dietary consumption levels of any form of soy or soy supplements. That is, before the levels of these chemicals could reach the level needed in the blood stream to be "Chemo-preventative," the person would have already died from the normal side-effects from eating soy. **So, the soy industries claim of "Chemo-preventative" for fermented soy has no relevance to reality at all** . Putting it another way, the cancer patient eating the non-fermented soy with the higher toxin levels, would have died before the cancer patient eating fermented soy. **The important point to remember is this ...** Fermented soy does not help the cancer patient live longer, it just took them a little longer to die when compared to eating regular soy. (★★★ **2001 Abstract ... Removal of soy caused cancer tumors to regress, on page 11 in this essay**) Same happened for my wife Deanna. Fermented soy causes just a little more suffering, & a lot more pain. Soy industry is clearly playing a **deadly** mind game with the public's ignorance of the facts, which is intended to deceive, confuse, & injure the unaware. Wow, Now that's real torture **!!**. **It is Inhumane and a Crime Against Humanity !!**. page 54.

Fermentation only lowers the toxin levels in soy, it doesn't eliminate them. Soy industry claim clearly shows the fallacy of seeking & promoting short-term results & ignoring long-term consequences, administering drugs to people who don't need them, **a case of hidden mass medication upon the unsuspecting and unknowing public**. To get lowest toxin level, fermentation needs to be at least 2 years, as Asians do, not like in North America, where it can be shorter than 3 months, using chemicalized fermentation method or high temperature, pressure method as explained page 5, 62, 37, 5, * Bottom 96.

* * *

Soy Causes **Cancer** and Soy Causes Existing Cancer Cells To Grow.

<http://www.zeusinfoservice.com/Reports/Soy.html> .

http://www.mayanmajix.com/soy_306.pdf .

Point #14.) The 2nd common misunderstanding about "**Fermented Soy**." **The Asians learned how to ferment soy during the Chou Dynasty (1134 - 246 BC), so that it would not kill them quite as fast**, when they relied on soy for protein during periods of famine. Fermented soy is not safe, just less dangerous, takes a little longer to kill you that's all. Here, again, there are another 2 very important and misunderstood points about fermentation. .../ 62

Fermented Soy's Dirty Little Secret

Continues ...

Page 96

Point 1.) Fermentation only lowers the toxic/ poisonous level of the naturally occurring poisonous chemicals in the soy plant here on page 5, it does not eliminate them. (See pages 4 & 8 in Soy-Abundance of Health Hazards.) There are hundreds of varieties of soy. Toxic levels of the different chemicals varies ... with each plant variety ... time of year they are harvested ... how much of the plant is harvested for consumption, the soybeans only, or also other parts of the plant.

In this list includes 6 Carcinogenic chemicals found in soy, the way nature made the plant ... Nitrosamines-(formed during the high heat/pressure treatment ... Lysinoalanines ... Genistein ... Daidzein ... glycitein ... Biochanin-A ... Nitrites ... Heterocyclic amines (HCAs) ... **Soy Protein which is also Mutagenic - damages your DNA and Chromosomes.** See the **2005 book, The Whole Soy Story ...** <http://www.theholesoystory.com/> . The inferior heat/pressure method used in North America for the processing of soy protein results in the formation of toxic lysinoalanine and highly carcinogenic nitrosamines.

The most common reference to fermentation lowering the levels of carcinogenic chemicals in soy is the reference to **Genistein and Daidzein**. But these are only 2 of the 6 carcinogenic chemicals in soy, and the rest are simply ignored. The missing point, the **ignored** point here is people are not told ...

Fermentation affects each carcinogenic chemical found in soy a little differently (as on page 5). It lowers some carcinogenic chemicals more than others, or hardly at all. **This is why fermented soy is still dangerous & poisonous, & an automatic death sentence for anyone who has cancer, who has had cancer, or who does not yet know they have cancer until they eventually find out they have cancer.** So, again, soy in any form is not safe for anyone **!!**. Saying fermented soy is safe is just a **deadly** mind game being played by the pro-soy supporters to confuse and deceive people in order to give people a false sense of security.

Point 2.) Almost all people in North America refer to fermentation without any real knowledge of what they are talking about or referring to. This unintentional **sloppiness** is very dangerous because, there are several ways to ferment soy. The Asian method of fermentation of soy lasts for about 1 and 1/2 years to 2 years - before they eat it. **BUT, the western method of fermentation is far inferior .**

Some western soy processors/ manufactures ferment soy **for less than 1 months**, (see page 96 in Soy-Abundance of Health Hazards), or use chemicalized fermentation methods, or more commonly use high temperature/ pressure/ heat extraction. Most soy manufactures/ processors in North America mislabel, mislead, and lie, when they say fermentation on the food label. There is nothing on the food label and no laws requiring anything to **identify the type of fermentation method used**, when a soy product is labeled, and advertised as being fermented. This is very dangerous to the health of a person. (please see my 144 soy research paper ... In Soy – Abundance of Health Hazards, the references to **"cancer of the pancreas"** are at the top of page 3 and also see page 96, with the **1980** abstract summary.)

Also, in my research paper, see the bottom of page 116 "... The only evaluation, (of the high temperature/ pressure/ heat extraction method of fermenting soy), was in **1979** by the Life Sciences section of FASEB, and **soy protein failed because of the risk of (carcinogenic) nitrosamines forming in the heat treatment. FASEB assumed the heat treatment was removing the natural poisons & did not evaluate their safety at all ..."**.

Dangers of Neuro-Toxin Hexane In Soy!!.

A chemical solvent used in the processing of soy by food manufactures -- **including** soy infant formula.

"Natural" Soy Protein Is Bathed in **Hexane** ... May 29, 2009 ...

http://www.theholisticoption.com/Pages/Article_Natural_Soy_Protein_Is_Bathed_in_Hexane_352.aspx .

There's another dirty little secret the soy product industry doesn't want you to know: Much of the "natural" soy protein used in foods today is bathed in a toxic, explosive chemical solvent known as hexane, including many soy infant formulas.

Soy Protein Used in "Natural" Foods Bathed in Toxic Neurotoxin Solvent **Hexane** ... May 20, 2009 ...

http://www.naturalnews.com/026303_soy_protein_hexane.html

--- **Hexane** is a **neuro-toxic** petrochemical solvent that is listed as a hazardous air pollutant with the Environmental Protection Agency (EPA) ... <http://www.cornucopia.org/2009/05/soy-report-and-scorecard/> .

--- **Report** ... Behind the Soy Bean - The Heroes and Charlatans of the Natural and Organic Soy Foods Industry. The Social, Environmental, and Health Impacts of Soy ... **Executive Summary** ...

http://www.cornucopia.org/soysurvey/OrganicSoyReport/behindthebean_execsumm.pdf .

Confessions of a Pharma Rep.

August 11, 2010

by Gwen Olsen

former 15 year Pharmaceutical Industry Rep. who left in the year **2000**

video ... 6 minutes ... 59 seconds

. <http://www.youtube.com/watch?v=KqmeB6GB25Q> .

The Pharmaceutical Industry is not in the business of health and healing
but they are the business of
disease maintenance **and** symptom management

Pharmaceutical Industry **is not** in the business to cure people,
if they were
they would be in the business of putting themselves out of business

people are considered a human commodity, cash cows, that are prayed upon
by the pharmaceutical reps. who are encouraged to go in and build market share

without thinking about the consequences to patients

without knowing the misinformation they are disturbing

without being aware that the clinical data has been contrived, manipulated,
or the patient populations have been cherry picked, or that the
side effects have been minimized and reported in such a manner that
the reporting doesn't present the information correctly

We must take our power back by

making pharmaceutical industry accountable for their actions and
for the harm they have done with the defective products they put on the markets

Must educate yourself so you know the differences between
diseases, between disorders and between syndromes

if there is nothing to document that you have a disease
than you're in fact do not have a disease but a disorder

Look into the nutritional aspect of your diet

Don't be a life-long customer for the pharmaceutical industry,
self educate, be proactive
and
share the information with others

OK, OK, OK ... If you have not figured all this out by now - the game, charade, and the BIG soy lie, then, it's time to get right to the point ... pharmaceutical & soy industries know soy is scientifically documented & proven to be a slow poison for over 100 years – but, the industry want you (the general public), to mistakenly think your poisoning, unknown to you because of their lies, is mistaken by you, for a long and incurable illness. What a magnificently despicable, unscrupulous, insidious, systemic and fraudulent business practice, & brain-washing technique **!!**. There are over 36 documented health hazards from eating soy, including **DEATH**. What a variety **!!**. This variety, combined with the endless lies about soy, ensures the pharmaceutical - medical - drug industry a steady income, **known as "Blood Money,"** from an endless supply of customers, patients. Soy is not medically necessary, but there is a medical necessary to warn people of the many serious health hazards. Clearly, the list of dangers on page 61, 62, 77 -- far out weighs any imagined benefits. **.../ 64**

Monsanto Now Owns Blackwater (Xe)

The largest, cruelest mercenary army in the world

?? **Why** ??



Monsanto does not spend Big money on something they do not plan on using, because it would be irresponsible !!.
Are people opposing Monsanto and big Pharma to be terrorized, tortured, even killed for exposing the truth ??.

Dead Scientists & Microbiologists - Master List – 1982 to 2010, Feb 2005 ... <http://www.rense.com/general62/list.htm>

Microbiologists, experts on infectious diseases, Deaths, mysterious deaths, murders – May 2, 2009 ...

. <http://citizenwells.wordpress.com/2009/05/02/microbiologists-experts-on-infectious-diseases-deaths-mysterious-deaths-murders/> .

Monsanto Now Owns Blackwater (Xe)

. <http://www.darkgovernment.com/news/monsanto-now-owns-blackwater-xe/> .

October 14, 2010 ... A report by Jeremy Scahill in *The Nation* (**Blackwater's Black Ops, Sept. 15, 2010**) revealed that the largest mercenary army in the world, **Blackwater** (now called Xe Services) clandestine intelligence services was sold to the multinational Monsanto. **Blackwater** was renamed in 2009 after becoming famous in the world with numerous reports of abuses in Iraq, including massacres of civilians. It remains the largest private contractor of the U.S. Department of State "security services," that practices state terrorism by giving the government the opportunity to deny it.

Many military and former CIA officers work for **Blackwater** or related companies created to divert attention from their bad reputation and make more profit selling their nefarious services-ranging from information and intelligence to infiltration, political lobbying and paramilitary training – for other governments, banks and multinational corporations. According to Scahill, business with multinationals, like Monsanto, Chevron, and financial giants such as Barclays and Deutsche Bank, are channeled through two companies owned by Erik Prince, owner of **Blackwater**: Total Intelligence Solutions and Terrorism Research Center. These officers and directors share **Blackwater**.

One of them, Cofer Black, known for his brutality as one of the directors of the CIA, was the one who made contact with Monsanto in 2008 as director of Total Intelligence, entering into the contract with the company to spy on and infiltrate organizations of animal rights activists, anti-GM & other dirty activities of the biotech giant.

Contacted by Scahill, the Monsanto executive Kevin Wilson declined to comment, but later confirmed to *The Nation* that they had hired Total Intelligence in 2008 and 2009, according to Monsanto only to keep track of "public disclosure" of its opponents. He also said that Total Intelligence was a "totally separate entity from **Blackwater**."

However, Scahill has copies of emails from Cofer Black after the meeting with Wilson for Monsanto, where he explains to other former CIA agents, using their **Blackwater** e-mails, the discussion with Wilson was that Total Intelligence had become "Monsanto's intelligence arm," spying on activists and other actions, including "our people to legally integrate these groups." Total Intelligence Monsanto paid \$ 127,000 in 2008 and \$ 105,000 in 2009.

No wonder that a company engaged in the "science of death" as Monsanto, which has been dedicated from the outset to produce toxic poisons spilling from Agent Orange to PCBs (polychlorinated biphenyls), pesticides, hormones and genetically modified seeds, is associated with another company of thugs.

Almost simultaneously with the publication of this article in *The Nation*, the Via Campesina reported the purchase of 500,000 shares of Monsanto, **for more than \$23 million by the Bill and Melinda Gates Foundation**, which with this action completed the outing of the mask of "philanthropy." Another association that is not surprising.

It is a marriage between the two most brutal monopolies in the history of industrialism: Bill Gates controls more than **90 %** of the market share of proprietary computing and Monsanto about **90 percent** of the global transgenic seed market and most global commercial seed. There does not exist in any other industrial sector monopolies so vast, whose very existence is a negation of the vaunted principle of "market competition" of capitalism. Both Gates and Monsanto are very aggressive in defending their ill-gotten monopolies. Continued ...

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in (? Dr.) Justine Butler's **2010** Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"

More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Monsanto Now Owns Blackwater (Xe), Why ??.

Continues ...

Although Bill Gates might try to say that the Foundation is not linked to his business, all it proves is the opposite: most of their donations end up favoring the commercial investments of the tycoon, not really "donating" anything, but instead of paying taxes to the state coffers, he invests his profits in where it is favorable to him economically, including propoganda from their supposed good intentions. On the contrary, their "donations" finance projects as destructive as geo-engineering or replacement of natural community medicines for high-tech patented medicines in the poorest areas of the world. What a coincidence, former Secretary of Health Julio Frenk and Ernesto Zedillo are advisers of the Foundation.

Like Monsanto, Gates is also engaged in trying to destroy rural farming worldwide, mainly through the "Alliance for a Green Revolution in Africa" (AGRA). It works as a Trojan horse to deprive poor African farmers of their traditional seeds, replacing them with the seeds of their companies first, finally by genetically modified (GM). To this end, the Foundation hired Robert Horsch in **2006**, the director of Monsanto. Now Gates, airing major profits, went straight to the source.

Blackwater, Monsanto and Bill Gates are three sides of the same figure: the war machine on the planet and most people who inhabit it, are peasants, indigenous communities, people who want to share information and knowledge or any other who does not want to be in the aegis of profit and the destructiveness of capitalism.

- The author is a researcher at ETC Group
- Read more: <http://www.darkgovernment.com/news/monsanto-now-owns-blackwater-xe/#ixzz13jBNwhIo> .

* * *
* * *
* * *

Does Justine Butler have any idea what it feels like for a person with a life threatening illness, to be desperately looking for and depending on the right information that will help save their live, and/ or save them from a life of unimaginable pain and suffering before they die, or while they are dying **??**. Well I do **!!**. We, my wife and I, found out the hard way before she died Dec. 15, 2002 of Soy Poisoning. We learned that **time** is **THE** most important luxury that most people don't have when they are seriously ill. This is because ... it is very important for a person with an life threatening illness to find the right information soon enough, (meaning when there is still **time** enough left to put the information into practical use), in order to reverse the direction of the disease, so the person can start down the road to health and healing before the disease kills them ... It is this critical window of opportunity (+)plus having the right information that will save a persons life. Soy articles like the 2 in question here, take away the persons opportunity to recover from a life threatening illness, and that is an Inhumane Act. Once the person goes past the Point of No Return, (where there is not enough **time** left to recover from the illness after receiving the right information), & then finds the right information, the information is useless to them, and it just sits on the shelf unused. As the dying person realizes this, they say **"... I don't want to die ... I don't want to die ..."**. I know, because that is what my wife said just a couple of days before she died of soy poisoning, while trying to recover from **breast cancer**. This happens every day, every year, year after year, creating an infinite number of broken ♥ Heart . The mainstream health system and also a large part the alternative health system - failed us. They both continue to make an infinite number of broken ♥ Heart through lies, deception, slight of hand, misdirection, etc., etc. The pro-soy supporters don't realize that they are part of, and doing the business of - on behalf of the pharmaceutical-drug industry. To the pharmaceutical-drug industry they might consider it as getting free advertising, free labor at no cost to the industry.

(Also on page 9.)

★ **Soy Risks for Breast Cancer, 2001** ... <http://reliableanswers.com/med/soy2.asp> ... The Medical Science & Research -- Similarity of Estrogenic Effects Compared to Human and Synthetic Estrogen ... by Jane Smith - a mainstream medical Doctor who wishes to remain anomalous to avoid persecution and losing her medical licience for revealing the truth.

Could the 2 soy articles by Justine Butler and others like them be a for-profit plan of deliberate deception – by attempting to turn a lie into an artificial truth and then try to turn the truth into a lie to increase soy product sales **??**. Could she and the Guardian UK be behind the attempt at world population control, de-population plan **??**. Could they be paid Skills for the soy / chemical / pharmaceutical industry **??**.

"Smokescreen Uncertainty"

Why Doesn't The F.D.A. Regulate Soy ??.

Because Big Pharma Does not Want Them To !!. (see next page)

("Why Reducing Exposure To Soy Is Smart")



Soy has never been a health food. It is only through slight of hand, misdirection, lies and misinformation that people have been brainwashed into believing that a lie is the truth and the truth is a lie when saying that soy is healthy.

Most people know and understand by now that the US FDA is mostly a rubber stamping mechanism for whatever the Chemical-Medical-Pharmaceutical industry wants and also for what the food and soy industry wants. The goal of business is to sell more of its products. In the case of soy, the soy industry and Monsanto's goal is to sell more soy, to make as much money for their stock holds each year, as quickly as possible, by whatever means possible. There is no real concern for people's health. In order to sell more, they and the pro-soy supporters with help and support from the news media must promote their financial interest in soy by only talking about what they feel are the imagined health benefits of eating soy. Read on to learn more. On the other hand, the more independent scientists learn about the toxicity of soy, the more questions are being asked about its safety, its dangerous and the sometimes DEADLY side-effects of eating soy and soy ingredients. Another important question is why is the FDA still allowing soy and soy ingredients to be in our food ??. The soy industry and Monsanto portray these unresolved scientific issues (safety risks) about soy and the uncertainty that comes from them as ... un-proven, immeasurable risks, therefore, there is no proof of risk. This irresponsible business attitude of don't look, don't tell, no proof, no harm, therefore, no safety issue is called ... "SmokeScreen Uncertainty".

SmokeScreen ... an action intended to conceal or confuse or obscure ... <http://www.thefreedictionary.com/smokescreen> . In-other-words, trying to get people to think the truth about the dangers of soy is a lie and the lies about soy being safe are the truth, is done by disinformation specialists, artists, (this has developed into an art form), who cleverly withhold or ignore important, relevant, known and provable scientific facts about the dangers of soy. More on [page 29, 33.](#)

Read the essay on "SmokeScreen Uncertainty ... "The Precautionary Principle and Corporate Disclosure," Feb. 20, 1998 ... by Stanford Lewis, a Toronto Corporate Lawyer, who provides strategic counseling on corporate accountability to environmental, community, labor organizations ... ★. <http://www.cpeo.org/lists/brownfields/2000/msg00079.html> ... and ... <http://teclim.ufba.br/jsf/producao/precaution%20s.lewis.PDF> ... Page 113 in Soy Abundance of Health Hazards.

This new Corporate initiative against disclosure of known dangers called "SmokeScreen Uncertainty," is purposely and intentionally used by corporations around the world, including the soy industry, pro-soy supporters, mainstream news media and Big Pharma to cloud the issues relating to safety, to confuse in order to create indecision and delay through misinformation, in order to keep people from knowing the truth about the dangers of soy, which then enables soy and soy ingredients to continue to stay in the food market without regulation, and to be unregulated, for as long as possible.

For example, statements like: "... there is no conclusive evidence of harm to humans from exposure to Soy ... " **is obviously false** and intended to mislead by giving people a false sense of security about safety, which then misleads the public into believing exposures to toxic Soy, Soy ingredients, & other toxic chemicals in Soy are without appreciable risks. Not knowing the scientific information about the dangers & sometimes **DEADLY** side-effects of soy by people who say soy is safe, and from people who are ignorant on the dangers -- is not proof of safety, but proof of incompetence.

Rather than preventing exposures to Soy, (and other dangerous chemical), & putting the burden of proving safety where it belongs, on the Soy industry, soy producers, the pro-soy supporters and Monsanto, soy and soy ingredients continues to remain in the food market with no threat of regulatory action. **The U.S. FDA is increasingly mired in complex and arcane scientific arguments,** (mostly generated by the soy industry and Big Pharma/Chemical /industry), that serves primarily as delaying tactics to keep soy and other toxic and poisonous ingredients, in the marketplace for as long as possible, unregulated. With no end in sight to this stalemate, the consumer is wise to minimize exposure to Soy & other harmful chemical whenever possible. It is highly recommended that ... **in order to protect yourself and the ones you ♥ Love ... read the ingredient labels on all the food you buy, and if you find soy as an ingredient, just simply switch brands to avoid it !!.**

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"

Recent Proof – FDA Is **Controlled** By Big Pharma

Congressman **Ron Paul** calls Jonathan - "a hero of the health freedom revolution"
. <http://www.newswithviews.com/Emord/jonathan171.htm> .



By Attorney Jonathan Emord

Author of "[The Rise of Tyranny](#)" and,

January 10, 2011

"[Global Censorship of Health Information](#)"

If you harbored romantic notions that an Obama FDA would be less controlled by the pharmaceutical industry than a Bush FDA, think again. The case of **Avandia** proves once again that **FDA will sacrifice the health of the American people to defend the economic interests of its favored regulatees, the big drug companies.**

In an April 2, 1999 internal memo to his superiors FDA medical reviewer Dr. Robert I. Misbin objected to FDA approval of the **GlaxoSmithKline Type 2 diabetes drug Avandia**. He expressed concerns "about deleterious long term effects on the heart" from the drug. His criticisms were rejected by the agency's political appointees. **On May 25, 1999**, FDA approved the drug for marketing without referencing the heart risks.

For identifying the heart risks, Dr. Misbin was not complimented at FDA. Far from it, he was ostracized and subjected to severe criticism and review by his superiors. He was told, flatly, by one of them that he just did not get it, that FDA was there to serve the industry. In a later interview, Misbin (now deceased) said: "One of my superiors said something to me that I have never forgotten, that we have to maintain good relations with the drug companies because they are our customers."

In Feb. 2006 another courageous FDA medical reviewer raised objections to the drug. Dr. Rosemary Johann-Liang strenuously urged her superiors to require GlaxoSmithKline to include a black box **warning** on the drug, **alerting** people to its heart attack risks. Liang's supervisor told her that FDA management was "upset with her recommendation" and "decided to act like her review never happened."

Congresswoman Diane E. Watson (D-CA), a member of the House Energy and Commerce Committee with FDA oversight, was prescribed **Avandia** for her diabetes. She developed a heart murmur while on the drug. In an Energy and Commerce Committee hearing evaluating the drug, she told the FDA Commissioner that Avandia caused her heart murmur and demanded to know why the agency let such an unsafe drug remain on the market.

A meta analysis published in the May 2007 New England Journal of Medicine associated **Avandia** with a 43% increased risk of heart attack. In July 2007, an FDA advisory panel with conflicts of interest voted that **Avandia** did increase the risk of cardiac ischemic attack in Type 2 diabetics but ultimately ruled that the drug should remain on the market.

Under intense pressure from Congress, and having received over 83,000 adverse event reports of heart problems arising from Avandia, FDA reversed itself (not removing the drug from the market, as one would expect, but adding a black box warning over a year after medical reviewer Johann-Liang called for one). The black box warning reduced **Avandia's** market position but the drug still achieved \$1.2 billion in worldwide sales for 2009.

In February of 2010 Dr. David Graham, FDA's Associate Director of Drug Safety, recommended Avandia be taken off the market. Graham said that **Avandia** causes 500 more heart attacks and 300 more heart failures than its leading competitor, Abbott drug Actos.

In June of 2010, Dr. Graham and his colleagues published a retrospective study in the Journal of the American Medical Association of 227,571 elderly patients. The study compared **Avandia** to its competitor, the Abbott drug Actos. He concluded **Avandia was associated with "an increased risk of stroke, heart failure, and all-cause mortality & increased risk of the composite of Acute Myocardial Infarction, stroke, heart failure, or all-cause mortality in patients 65 years or older."** Dr. Graham and his colleagues concluded that compared to patients taking Actos, **patients taking Avandia experienced a 27% higher risk of stroke, a 25% higher risk of heart failure, and a 14% higher risk of death.** In an interview for webmd.com, he explained that for every 60 older patients taking **Avandia** instead of Actos there would be one extra heart attack, heart failure, stroke, or death. In that same interview he was quoted as saying: "If you are a patient currently being treated with **Avandia**, based on the data from our study it would be wise for you to contact your doctor and ask to be switched to a safer alternative." He added, "even if you have been on **Avandia** for a while and have not had anything bad happen to you, why take those risks? They are completely unnecessary." **Dr. Graham is a meticulous and conservative FDA scientist but one possessed of tremendous courage, willing to speak out about unsafe drugs the agency has approved despite the ever present threat of agency retaliation.**

Exposing the Endless **Lies, Deception, & Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"

.Recent Proof – continued ...

In July of 2010, FDA reconvened its Endocrinologic and Metabolic Drugs and Drug Safety and Risk Management Advisory Committees to reconsider **Avandia** cardiovascular risks. Following Committee. On July 14, **2010**, following two days of deliberations, a majority of the FDA panel voted not to take the drug off the market. On July 20, **2010**, it came to light that the panel had members with conflicts of interest, including one who was a paid speaker for GlaxoSmithKline. That paid speaker voted to keep the drug on the market with no change in labeling.

On the eve of the agency's re-evaluation of the drug, the Senate Finance Committee wrote a letter to FDA Commissioner Margaret Hamburg demanding that she remove the drug from the market. That committee had maintained an ongoing inquiry into **Avandia**. It found that GlaxoSmithKline withheld studies on **Avandia** from FDA and the public that called into question the drug's safety and actively promoted the drug as comparatively safe and efficacious despite the known safety risks. The Committee wrote to Commissioner Hamburg: "The totality of evidence suggests that GSK was aware of the possible cardiac risks associated with **Avandia** years before such evidence became public . . . Based on this knowledge, GSK had a duty to sufficiently warn patients and the FDA of its concerns in a timely manner. Instead, GSK executives intimidated independent physicians, focused on strategies to minimize findings that **Avandia** may increase cardiovascular risk, and sought ways to downplay findings that the rival drug Actos might reduce cardiovascular risk."

The Senate Finance Committee based its findings, in part, on internal GlaxoSmithKline emails, revealing high level company awareness of the cardiovascular risks of Avandia as early as the year 2000. The Committee also identified a GlaxoSmithKline ghostwriting campaign where the company would solicit articles from medical professionals lauding the drug as comparatively safe and effective for publication in medical journals without the journals knowing of the company's involvement. The Committee faulted FDA for letting the drug remain on the market despite the 83,000 adverse event reports FDA received between **1999** and **2007** tying the drug to cardiovascular risks.

This overwhelming evidence against Avandia would lead any reasonable person to conclude that the drug ought not be on the market, particularly because other drugs that are for the same condition pose far fewer risks. Did Obama's FDA Commissioner, Margaret Hamburg (who prides herself on enforcement of the law) demand the drug be removed? Not at all.

She ensured that it could continue to be available to those now on it, and largely limited her restriction of its use to new patients. **In other words, she gave GlaxoSmithKline an opportunity to wind down its affairs with Avandia while millions of people worldwide would remain at an elevated risk of heart attacks, heart failure, strokes, and death.** And if a patient so suffers, who will account in the law for the homicide? Not Commissioner Hamburg, not GlaxoSmithKline, not anyone responsible. So much for law enforcement, Madam Commissioner

September 23, 2010, FDA required GlaxoSmithKline to submit a Risk Evaluation and Mitigation Strategy (REMS) for the drug. Under the REMS, the drug can remain available to patients already taking it with written informed consent. Future patients can receive the drug if they cannot achieve glycemic control on other drugs.

Once again we see that the FDA is a captive of the drug industry. The agency proceeds like a blind jockey atop the drug elephant. Wherever that beast takes it, FDA is sure to go.

© 2011 Jonathan W. Emord - All Rights Reserved

Jonathan W. Emord is an attorney who practices constitutional and administrative law before the federal courts and agencies. Congressman Ron Paul calls Jonathan "a hero of the health freedom revolution" and says "all freedom-loving Americans are in [his] debt . . . for his courtroom [victories] on behalf of health freedom." He has defeated the FDA in federal court a remarkable seven times, six on First Amendment grounds, and is the author of Amazon bestsellers The Rise of Tyranny, and Global Censorship of Health Information. For more info visit Emord.com. Website



WikiLeaks -- US Government to Europe -- Give This (**GMO Corn & other GMO Crops) to Your People Or There Will be "Some Pain" ... 1-12-11 ... <http://articles.mercola.com/sites/articles/archive/2011/01/12/wikileaks-reveals-us-sought-to-retaliate-against-europe-over-monsanto-gm-crops.aspx> .**

- video ... http://www.youtube.com/watch?v=-RxU7YustxM&feature=player_embedded ... U.S. against Europe Over Monsanto GM Crops (Democracy NOW! report) ... Jan. 4, 2011 ... video ... 12 minutes ... 39 seconds
- video ... http://www.youtube.com/watch?v=nfR8Pifz_Ro&feature=player_embedded ... USDA GMO Policy – GMO Alfalfa ... Dec. 24, 2010 ... video ... 8 minutes ... 28 seconds

The American Heart Association, AHA,

Rejects

FDA's Heart Healthy Claim for Soy – AHA Says, No Evidence

AHA gives specific reasons why their rejection is valid.



In **1999**, the soy industry petitioned the U.S. FDA asking it to make a Heart Health Claim for Soy Protein. Based on the evidence the soy industry presented, the FDA granted a the following Health Claim that says ...

- ***“25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”***
- FDA Food Labeling: Health Claims: **Soy Protein and Coronary Heart Disease; Final Rule**, October 26, **1999**, Food and Drug Administration 21 CFR, Part 101 , Federal Register 64 FR 57699, (FDA Docket No. 98P-0683), 64FR 57732, Docket No. 2007N-0464
- <http://www.fda.gov/Food/LabelingNutrition/LabelClaims/HealthClaimsMeetingSignificantScientificAgreementSSA/ucm074740.htm> .

Then on Feb. 18, **2008**, **The American Heart Association (AHA)**, and **American Stroke Association (ASA)** sent a letter to the FDA strongly recommending that this Heart Healthy Health Claim for Soy protein & coronary heart disease (CHD) be revoked because ...

- upon reevaluation of the evidence, **the research has not been confirmed by many studies reported during the past 10 years, since 1999** ... Furthermore, there are no evident benefits of soy protein consumption on HDL cholesterol, triglycerides, lipoprotein(a), or blood pressure. Thus, the direct cardiovascular health benefit of soy protein or isoflavone supplements is minimal at best.
- Consumer research conducted by AHA, FDA, and others has repeatedly shown that despite the presence of qualifying language, **consumers do not understand qualified health claims and do not understand that they are based on limited and varying degrees of evidence.** Therefore, AHA does not support the use of qualified health claims; only health claims meeting the SSA standard should be permitted.

Next page ... Read the AHA letter to the U.S. FDA

.....
“The Truth Marches On” ... Emile Zola and “The Dreyfus Affair” ... France, 1894 - 1898 ... and author of many books ... <http://www.georgetown.edu/faculty/guieuj/libproj.htm> ... http://www.dreyfuscase.com/html/dreyfus_affair.html

Book - “The Truth About The Drug Companies”... it is all about \$ money, by Marcia Angell - a former editor of the New England Journal Of Medicine. The New York Review of Books, Volume 51, Number 12, July 15, **2004**. see page 11 in this link ... <http://www.nybooks.com/articles/17244?email> ... <http://en.wikipedia.org/wiki/User:Precautionary> .

- "... most startling fact about **2002** is that the combined profits for the 10 drug companies in the **Fortune 500** (\$35.9 billion) were more than the profits for all other **490 businesses** put together (\$33.7 billion). **(12) ...**".
- **“... When I say this is a profitable industry, I mean really profitable.** It is difficult to conceive of how awash in money big pharma is ... ”.

“... Money, not truth, drives science - even at the expense of the health and lives of the nation’s citizens ...”, by Dr. Phyllis Mullenix, Ph.D., formerly of Harvard University, Dept. of Neuropathology and Psychiatry, See ... <http://www.whale.to/b/fl2.html> ... and ... http://www.lef.org/fda-museum/8_water/intarticles/fluoride-01-98.html ... **Did Governments Approve Citizens as Toxic Waste Sites ??, Are We Being Poisoned ?? ... and it is no mistake !!. 52**

The AHA continues next page ...

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Below is a copy and paste of the letter to the U.S. FDA by **The American Heart Association (AHA)**, asking the FDA to **revoke** the **Heart Healthy Claim** for - Soy Protein & Coronary Heart Disease (CHD), the FDA made in **1999**, after strong lobbying by the soy industry. The FDA claim says there is a strong link between soy protein and a reduced risk for CHD. The AHA letter below gives specific reasons why it is not true and reasons why the request to revoke is needed. Remember, the soy industry presented scientific evidence to the FDA that enabled the health claim to be made. Now, we find out from the AHA that the claim is false, meaning that the soy industry again knowingly presented false evidence in order to serve the financial interests of the soy industry, & stockholders. The soy industry claims heart benefits, but the opposite is proven to happen. Example, The same with claims made of **Hormone Replacement Therapy, HRT**. In **2002**, it was revealed internationally that the very illness HRT was supposed to protect a women from, was the very same illness HRT caused in women. More **Inhumane Act** and **Crimes Against Humanity** by the Medical - soy industry, and so far, no accountability. How about that !!.

Website address below is ...

<http://www.americanheart.org/downloadable/heart/1224599426274AHA%20Comments%20to%20FDA%20on%20Soy%20Protein%20and%20CHD%20Health%20Claim.pdf> .



Feb. 19, 2008

TO: Division of Dockets Management
HFA-305
Food and Drug Administration
5630 Fishers Lane, Room 1061
Rockville, MD 20852

Re: Docket No. 2007N-0464

Dear Sir/Madam:

On behalf of the **American Heart Association (AHA)**, including the **American Stroke Association (ASA)** and over 22.5 million AHA and ASA volunteers and supporters, we appreciate the opportunity to submit our comments in response to the Food and Drug Administration's (FDA) notice on the Reevaluation of Health Claims and Qualified Health Claims.

Since **1924**, the **American Heart Association** has dedicated itself to reducing disability and death from cardiovascular disease and stroke – the #1 and #3 leading causes of death in the United States – through research, education, community based programs, and advocacy. As part of this effort, the Association produces evidence-based clinical guidelines and scientific statements designed to raise awareness of and advise physicians and other providers regarding the prevention, treatment and management of cardiovascular diseases and stroke. Since **1999** when AHA and ASA committed to achieving a 25% reduction in cardiovascular disease, stroke, and associated risk by **2010**, the Association's efforts have contributed to a 25.8% reduction in deaths from coronary heart disease – an early achievement of our goal – and a 24.4% reduction from stroke. However, we continue to work toward needed reductions in the major risk factors for these leading causes of death, as well as eliminating disparities in care for women and minority populations.

One important strategy for reducing the incidence and risk of cardiovascular disease and stroke is raising the public's awareness of the benefits of a healthy diet and active lifestyle. Promoting healthy eating patterns, a healthy body weight, and increased physical activity is a top priority of AHA. The Association ...

Continued below ... Page 2 of letter

.../ 71

The America Heart Association Letter

Requesting FDA to revoke its 1999 Heart Healthy Claim for Soy
Continued

The Association firmly believes that better food habits can significantly reduce high blood cholesterol – one of the major risk factors for cardiovascular disease – as well as support proper weight management, which is essential to cardiovascular health.

As the public learns more about the relationships between diet and disease, many consumers are striving to adopt a healthier lifestyle and make better food choices. Sixty-six percent of consumers report having made dietary changes to improve health, a nine percent increase from the previous year. Additionally, an increasing number of consumers cite healthfulness as an influential factor in food purchasing decisions.¹ AHA supports the dissemination of clear, scientifically valid information to the public to help consumers evaluate and select more nutritious foods. Health claims may serve as a way to achieve this aim. *Soy Protein and Coronary Heart Disease*

AHA strongly believes that health claims should be based on strong, sound evidence that indicates an unambiguous relationship between the substance and the health benefit indicated in the health claim. As the science supporting health claims is often evolutionary, AHA applauds the FDA’s initiative to reevaluate the soy protein and coronary heart disease (CHD) health claim as new data has become available. In 2000, just one year after the FDA first approved the health claim, an AHA Nutrition Committee Scientific Advisory concluded that “it is prudent to recommend including soy protein foods in a diet low in saturated fat and cholesterol.”² However, given the volume of well-controlled studies on soy protein and soy-derived isoflavones that have been released since that time, the AHA Nutrition Committee recently undertook a reevaluation of the evidence on soy protein and cardiovascular disease (CVD) to update its scientific advisory. AHA reviewed the literature and considered the effects of soy protein and isoflavones on several other CVD risk factors: HDL cholesterol, triglycerides, lipoproteins, and blood pressure. In 2006, the Association published an updated Scientific Statement titled “Soy Protein, Isoflavones, and Cardiovascular Health.”³ We reaffirmed our position in the Association’s “Diet and Lifestyle Recommendations Revision 2006.”⁴ In both statements, AHA acknowledges that earlier research indicated that soy protein, as compared with other proteins, potentially had clinically important favorable effects on LDL cholesterol and other CVD risk factors. However, this research has not been confirmed by many studies reported during the past 10 years. The majority of research suggests that a very large amount of soy protein, more than half the daily protein intake, may lower LDL cholesterol by a few percentage points when it replaces dairy protein or a mixture of animal proteins. However,.

.....

6 - Foot Notes

- 1.) International Food and Information Council Foundation 2007 Food and Health Survey: Consumer Attitudes toward Food, Nutrition and Health.
- 2.) Erdman JW Jr. AHA Science Advisory: Soy protein and cardiovascular disease: a statement for healthcare professionals from the Nutrition Committee of the AHA. *Circulation*. 2000; 102:2555-2559.
- 3.) Sacks FM, Lichtenstein A, Van Horn L, Harris W, Kris-Etherton P, Winston M; American Heart Association Nutrition Committee. Soy protein, isoflavones, and cardiovascular health: an American Heart Association Science Advisory for professionals from the Nutrition Committee. *Circulation*. 2006; 113:1034-1044.
- 4.) Lichtenstein A, Appel LJ, et al; American Heart Association Nutrition Committee. Diet and Lifestyle Recommendations Revision 2006: A Scientific Statement From the American Heart Association Nutrition Committee. *Circulation*. 2006; 114; 82-96.

The America Heart Association Letter

Requesting FDA to revoke its **1999** Heart Healthy Claim for Soy
Continued

American Heart Association 2007N-0464
February 19, **2008** Page 3

this reduction is very small relative to the large amount of soy protein tested in these studies and the data are mainly from hyper-cholesterolemic individuals. Furthermore, there are no evident benefits of soy protein consumption on HDL cholesterol, triglycerides, lipoprotein(a), or blood pressure. Thus, the direct cardiovascular health benefit of soy protein or isoflavone supplements is minimal at best.

AHA recognizes that there is research claiming to identify a cholesterol-lowering mechanism of soy protein,⁵ and there may be cardiovascular health benefits in using soy proteins to replace foods high in animal protein that contain saturated fat and cholesterol.⁶ However, at this time the totality of evidence linking soy protein consumption with reduced risk of coronary heart disease is not sufficient to meet the standards of significant scientific agreement (SSA). Thus, AHA strongly recommends that FDA revoke the soy protein and CHD health claim.

We understand that if the FDA decides to revoke this SSA health claim, the Agency could consider allowing its use as a qualified health claim. We urge FDA not to do so. Consumer research conducted by AHA, FDA, and others has repeatedly shown that despite the presence of qualifying language, consumers do not understand qualified health claims and do not understand that they are based on limited and varying degrees of evidence. Therefore, AHA does not support the use of qualified health claims; only health claims meeting the SSA standard should be permitted.

In conclusion, AHA reiterates our appreciation of the Agency's decision to reevaluate the soy protein and CHD health claim. While the science originally appeared to support a strong link between soy protein and a reduced risk for CHD, recent data are less conclusive and no longer support a SSA level health claim. AHA strongly recommends that FDA revoke the soy protein and CHD health claim. In the meantime, this remains a dynamic area for research. AHA will continue to monitor the science regarding soy and CVD.

If you have any questions or need additional information, please do not hesitate to contact Susan K. Bishop, MA, Regulatory Relations Manager, at 202-785-7908 or via email at susan.k.bishop@heart.org .

Sincerely,

Daniel W. Jones, MD
President, AHA

Foot Notes

5.) Cho SJ, Juillerat MA, Lee CH. Cholesterol-Lowering Mechanism of Soybean Protein Hydrolysate. *Journal of Agricultural and Food Chemistry*. **2007**; 55; 10599-10604.

6.) Sacks FM, Lichtenstein A, Van Horn L, Harris W, Kris-Etherton P, Winston M; American Heart Association Nutrition Committee. Soy protein, isoflavones, and cardiovascular health: an American Heart Association science advisory for professionals from the Nutrition Committee. *Circulation*. **2006**; 113:1034-1044.

End of AHA letter

“Why” Soy Protein - Is In Breach of, in Violation of - WHO/Codex Standards

. <http://www.mayanmajix.com/soy01.html> ... and ... <http://www.mayanmajix.com/soy.html> .

WHO/Codex General Standards for Soy Protein Products

. <http://www.soyonlineservice.co.nz/articles/Codex.htm> .

WHO/Codex Standard 175-1989

6.3 (c) When tested by appropriate methods of sampling and examination the product shall not contain other poisonous substances which may represent a hazard to health.

WHO/Codex General Guidelines for the Utilization of Vegetable Protein Products (VPP) in Foods

CAC/GL 4-1989

4.1 VPP intended for human consumption should not represent a hazard to health.

Annex

The raw materials from which VPP are produced may contain naturally occurring toxic or anti-nutritional factors. Some of these factors may still be present in VPP after processing. In the light of the above observations it becomes important that prior to the use as human food, VPP be subjected to adequate testing to demonstrate safety and appropriate nutritional quality. A distinct VPP needs to be tested pursuant to this guideline only once, that is, to obtain a toxicological and nutritional profile for VPP. Prior history of safe use may be taken into account in the evaluation of a novel VPP proposed for general consumption, but this alone is not necessarily sufficient to preclude adequate pre-clinical testing by currently available, more objective, laboratory animal feeding studies, and, where applicable, studies using human volunteers.

1.4 Toxicological Safety:

The safety of the VPP should be predicted from information concerning methods of production, chemical and physical properties. This should be supported, where necessary, by safety data using laboratory animals.

2.4.1 Sub acute Toxicity Studies:

The purpose of these studies is to delineate the toxic potential of VPP and to elucidate such problems as species sensitivity, the nature of gross and micro-pathological changes and the approximate dose level at which these effects occur. They also provide guidelines for the selection of dosage for chronic toxicity tests and any functional or biochemical studies that may be necessary.

“Why” Soy Protein - Is In Breach of, in Violation of - WHO/Codex Standards
WHO/Codex General Standards for Soy Protein Products

Continues ...

2.4.1.3 Length of Study:

Sub acute toxicity feeding trials should be at least 3 months duration.

2.4.2 Other Studies:

Following an appraisal of the source and method of manufacture of VPP together with results of nutritional and sub acute toxicity studies, need for further studies including chronic, reproduction, teratogenic, mutagenic studies will be evaluated.

.....

Soy Online Service - SOS, comment:

(copy & paste info - July 2004, ... more info on SOS website since then)

We're sick of hearing that there are no harmful effects of phytoestrogens. There is clear evidence Soy Protein **does not** meet WHO/Codex Guidelines. Isoflavones present in soy protein induce:

Subacute toxicity ... <http://www.soyonlineservice.co.nz/04thyroid.htm> ... Repeated daily exposure to a poison
Phytoestrogens - Anti-thyroid agents ... disrupts thyroid function. Many excellent articles and 2 abstract links

Chronic toxicity ... <http://www.soyonlineservice.co.nz/articles/Brain.htm> ... Long term poisonous health effects,
3 research abstracts, **1996, 1997, 1991** Frying the Brain and Nervous system with soy

Reproductive toxicity ... Phytoestrogens - Nature's contraceptives . <http://www.soyonlineservice.co.nz/04infertility.htm> .
Infertility ... <http://www.soyonlineservice.co.nz/articles/sheep.htm> ... makes animals and people infertile

13 abstracts including - many articles (+)**plus** link to **2002 British Food Standards Agencies Committee on Toxicity Report (COT)** ... <http://www.food.gov.uk/consultations/ukwideconsults/2002/cotphytohealth> .

Teratogenic effects ... <http://www.soyonlineservice.co.nz/articles/Bdefects.htm> ... Embryo damage, monster making
... Deformities Found in Sons of Vege Mums

Mutagenic effects ... <http://www.soyonlineservice.co.nz/articles/metzler.htm> ... Geno-toxicity of estrogens. 2 abstracts
... <http://www.soyonlineservice.co.nz/04immunefunction.htm> ... Immune system effects, DNA damage

The potential oral hazard of phytoestrogens has long been known by food regulators such as the FDA. During his presentation at the 3rd International Phytoestrogen Conference in **1995**, FDA regulator **Dr. Michael Bolger** made direct reference to the soy isoflavones causing ... infertility, uterine hypertrophy and testicular atrophy in rodents ... liver disease and reproductive failure in cheetahs ... and menstrual cycle effects on women.

.....

So, who is Justine Butler or whoever you are **?? . ?? . ??**. Are you still listening **??**. Why do you say there is no evidence that soy is harmful to humans and animals **??**.

"Oh what a tangled web we weave when first we practice to deceive" . <http://www.quotationspage.com/quote/27150.html> .

“The Truth Marches On” ... **Emile Zola** ... **“The Dreyfus Affair”** ... **France, 1894 - 1898** ... **author of many books** ...
<http://www.georgetown.edu/faculty/guieuu/libproj.htm> and http://www.dreyfuscase.com/html/dreyfus_affair.html .

American Dietetic Association

ADA reports

Soy intake among women at increased risk for breast cancer



-- <http://www.ncbi.nlm.nih.gov/pubmed/16183354> .

2005 **Correlates of soy food consumption in women at increased risk for breast cancer.**, Fang CY, Tseng M, Daly MB., J Am Diet Assoc. **2005 Oct**;105(10):1552-8., J Am Diet Assoc. **2006 Mar**;106(3):363-4 . . Division of Population Science, Fox Chase Cancer Center, Cheltenham, PA 19012, USA. carolyn.fang@fccc.edu

OBJECTIVES: The objectives of the present study were to examine sociodemographic correlates of **soy food consumption** among women at increased risk of breast cancer, describe factors influencing soy food consumption or nonconsumption, and identify women's sources of information about soy foods.

DESIGN: A cross-sectional, self-report survey was used to assess frequency of and factors influencing soy food consumption. Soy food intake was reported for the past year.

SUBJECTS/SETTING: Participants were 452 women with family histories of breast cancer who were enrolled in a cancer risk assessment program.

STATISTICAL ANALYSES PERFORMED: Comparisons between consumers and nonconsumers of soy foods were performed using multivariate logistic regression and chi(2) analyses.

RESULTS: Thirty-two percent reported soy food consumption. **Commonly consumed soy foods were vegetable burgers, tofu, and soymilk.** Consumers of soy foods were more likely to have higher levels of education and report eating five or more daily servings of fruits and vegetables. The primary reason for consumption of soy foods was eating a healthful diet, whereas insufficient knowledge about soy food preparation was the primary reason stated for nonconsumption. Both consumers and nonconsumers reported obtaining information about soy foods from magazines, friends, and newspapers. Consumers also indicated using the Internet to seek information.

★ ☹ ★ **CONCLUSIONS:** These findings contribute to our understanding of the level of **soy intake among women at increased risk for breast cancer** and highlight potential factors that may influence women's decisions regarding soy food consumption. Women, particularly in this vulnerable population, would benefit from clear messages regarding the health effects of soy.

.....
. <http://www.babymilkaction.org/pdfs/tessaysoya03.pdf> ... ★ ☹ ★

May 2003 ... British - UK toxicology experts have recently confirmed concerns over the potential **health risks of soya-based artificial baby milks** ...

The CoT report had stated that soya-based artificial baby milk should only be used 'when clinically indicated'. On this point SACN noted that 'there appears to be no unique clinical indication for soy-based formula' (see the website .

www.food.gov.uk/science/ouradvisors/toxicity/cotmeets/cot_2003/107439/agendaTox/2003/03 .

This therefore raises the question of whether soya-based artificial baby milks should exist at all, given their potential health risks

Pages 147 – 151

Soy – Abundance of Health Hazards

SUPER RED HOT

An FDA Historical Event

For the first time in the history of the Soy Industry,
Soy Industry **Backs Down** When Forced To Face the Truth

. <http://www.fda.gov/ohrms/dockets/dockets/04q0151/04q0151.htm> .

FDA Docket # 2004Q-0151

Solae Corporation Requests Health Claim, re: Qualified Health Claim: Soy Protein & Cancer



In April **2004**, The Dupont/Bunge Corporation joint venture named Solae Corporation, (set up as a front organization for the soy industry and Monsanto, 2 years earlier), filed an application with the U.S. FDA asking the FDA to make a Health Claim that suggests ...

the consumption of soy protein-based foods may reduce the risk of certain types of cancers including **breast, prostate and colon cancer** **and to also** be granted approval for advertising soy isoflavones can prevent cancer.

The Solae application and the science they presented ended up being a deliberate Fraudulent and False representation by selectively ignoring the known, factual, scientific evidence on the dangers of soy, which has accumulated since **1907**

- Solae says twice, see pages 115 and 116 in their **2004** application to the FDA for a Qualified Health Claim for soy, that **"... However, the evidence (presented in their paper) is not conclusive ..."** for soy preventing cancer.

★ Strange they should say that, don't you think. By knowingly attempting to endanger the public's health to a scientifically known & proven health hazard, by deliberately submitting evidence that is not conclusive, is, I suggest, **inhumane** and a criminal act of global proportions, as the evidence shows. Just another failed attempt at another **Crime Against Humanity**, by the soy industry.

Soy-Online-Service ... <http://www.soyonlineservice.co.nz/>, and **Weston A. Price Foundation**, and myself were joined by **hundreds of others** who also filed written objections based on published known scientific facts, proof, dating back to **1907**, showing soy isoflavones can cause **cancer** and many, many other very serious and life threatening health problems.

★ ★ ★ So, just who is this (? Dr.) Justine Butler anyway ?? . ★ ★ ★ I would hate to see what the state of the world would be in today - if everyone had Justine Butler's driving curiosity to seek the truth.

On Sept. 30, **2005**, The Solae Corporation and the Soy Industry backs down (**runs away like rats deserting a sinking ship, with their tails between their legs**). Solae's retreat, their strategy of backing down rather than having the FDA turn down yet another request for the 4th time since **1972**, effectively prevents any media attention to the situation, so the general public was & still has been completely unaware of what went on between Apr. **2004** – Sept. **2005**. The other three times the FDA turned down the soy industry request asking that soy be given approval was in **1972, 1979, 1999**.

- As both the FDA's regulations and the federal courts have decreed, general recognition of safety can only be imputed if there is an overwhelming consensus in the community of qualified experts. While unanimity is not required, any significant and sound disagreement prevents a determination that consensus exists.
- The requisite consensus for Soy has never existed, and the FDA is well aware of it because the predominant consensus among its own experts was that these soy ingredients entail unique risks and cannot be presumed safe. The pervasiveness of concern within the FDA's scientific staff is attested by the 2 - FDA - whistle blower stated : ... **Researchers and "Whistle-blowers" Daniel Doerge PhD and Daniel Sheehan PhD** are two of the U.S.A.'s Food and Drug Administration's, FDA, expert scientists on soy who signed a Feb. 18, **1999** letter of protest to the FDA when the FDA granted soy a "health claim" in **1999**. This letter expresses serious concerns regarding the perceived safe use of soy, if soy was to be granted a "health claim," and includes 26 documented scientific referenced studies, (Abstracts), that show a link between eating soy and serious health problems.

Continued ...

.../ 77

Exposing the Endless **Lies, Deception, & Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"

Continued ...

- In Daniel Doerge PhD and Daniel Sheehan PhD 1999 letter of protest to the FDA they said, "... it is inappropriate to allow a health claim for Soy Protein Isolate, SPI, ... it could be misinterpreted, ... the health labeling of SPI for foods needs to be considered just as would the addition of any "**Estrogen**" or "**Goitrogen**" to foods, which are bad ideas. **Estrogenic and goitrogenic drugs are regulated by the FDA, and are taken under a physician's care. Patients are informed of risks, and are monitored by their physicians for evidence of toxicity.** No similar safeguards are in place for foods, so the public will be put at potential risk from soy isoflavones in SPI without adequate warning and information ..."
See letter ... http://abcnews.go.com/onair/2020/2020_000609_soyfdaletter_feature.html ... **article withdrawn,**
and at ... <http://health.groups.yahoo.com/group/hypothyroidism/message/7065> ... **Use Google Search for more.**
- But even in the case of unanimity, US law additionally prescribes consensus cannot rest on hypotheses but must be based on scientific evidence that clearly establishes safety. Both the FDA's regulations and the federal courts have consistently held that such evidence should include studies published in the peer-reviewed scientific literature. (21 CFR Sec. 170.3(h)). Moreover, FDA regulations emphasize that the tests supporting a general recognition of safety "... require the same quantity and quality of scientific evidence as is required to obtain approval of the substance as a food additive." (21 CFR Sec. 170.30(b))
- This means, in the FDA's words, that the tests must demonstrate "a reasonable certainty ... that the substance is not harmful under its intended conditions of use." (21 CFR Sec. 170.3(I)). Therefore, even if expert consensus about the safety of soy and soy ingredients actually existed, which it doesn't, the law requires that their safety still must be established through standard scientific tests.

Although this essay is primarily focusing on cancer, damage to DNA and the immune system, and babies using infant formula, many other scientifically documented, yet ignored, health hazards from eating soy also include but are not limited to those in the list below...

- ... **Arthritis**
- ... Asthma
- ... Autism from high **aluminum** levels in processed soy (soy milk), etc.
- ★ ... **Birth Defects** ... **Teratogenic**
- ... **Brain and Nervous System damage** -
(genistein destroys **Myelin sheath** protecting nerves, as in "Alzheimer's and Parkinson's disease," and **Learning Disabilities** as in ADD/ADHD.)
- ★ ... **Cancer(s)** / Breast / liver / uterine / colon / thyroid / pancreas / thyroid
Causes the Reoccurrence of cancer(s).
- ★ ... Cell **DEATH**, animal **DEATHs**, and human **DEATHs**
- ... **Chronic fatigue syndrome** - hypothyroid
- ... Chromosome Fragmentation, and Errors in its Orientation
- ★ ... **Death**
- ... Depression
- ... Dementia
- ... Diabetes
- ★ ... **DNA damage** ... double strand breaks
- ... **Endocrine disruption**
- ... Growth problems
- ★ ... **Genistein** and **diadzein** are powerful dietary **Topoisomerase II--poisons** ... creates an infinite number of broken ♥ **Heart's**
They accumulate in the body over time, building up a toxic load and cause **DNA double strand breaks** leading to chromosomal fragmentation, aberrations & cancers, like (**IAL**).
- ★ ... Hair loss, baldness
- ... ♥ **Heart disease** , arrhythmia
- ... **Immune system** suppression – including suppression of T-cell production, activity
- ★ ... **Infertility**, reproductive problem, sterility
lowers sperm count, to **control** populations in special parts of world & during disasters
- ... Irritable Bowl Syndrome
- ... **Leukemia**, infantile acute leukemia, (**IAL**)
- ... Liver disease & liver cancer
- ... Lowers sex drive, used as a depopulation tool
- ★ ... **Osteoporosis**
- ... Pancreatic disorders & **cancer**
- ... Premature, delayed puberty - Pseudo-Puberty
- ... Subtle changes in sexually dimorphic behaviors
- ★ ... **Thyroid** suppression, Goiter,
Hyper and Hypo-thyroidism
Graves' or Hashimoto's Disease
- ... **Weight gain**
- ... Vitamin and mineral deficiencies , **Osteoporosis**

Pregnant women & their unborn child are at a greater risk of harm from soy's toxic ingredients in our food supply. Genistein and diadzein cross the placenta and blood-brain barrier, ("Teratogenic") - causing birth defects, as test have shown. The placenta does not represent a barrier to these poisons. Children, especially children – who in some instances may be affected by soy products consumed either by themselves (for instance, in baby formula), or by their mothers prior to giving birth need to be protected from these health hazards. The fetus, infants and children are the most vulnerable and defenseless individuals of our society. The greatest responsibility we have is to **protect** them and our environment.

The (-)negative health risks of soy in our food supply clearly far out weighs any imagined benefits.

Soy has not → does not → can not → Soy will not → prevent cancer.

Soy - The **Kiss** of Death

Science has **proven** → → Soy **causes** cancer → → Soy **causes** existing cancer cells to **grow**
Soy **causes** non-cancerous tumors to turn cancerous → → Soy **causes** the reoccurrence of cancer

This essay shows that soy **does not** prevent cancer, but soy actually **cause** cancer. The science also very clearly establishes that soy is not medically necessary, but there is a medical necessary to warn people of these very serious and sometimes **DEADLY** health hazards so people can then choose to avoid soy and soy ingredients in our food supply, for disease prevention, and for maintaining good health.

In fact, in the next **1998** abstract immediately below, it is "... there is no direct scientific evidence for the beneficial effects of phytoestrogens in humans ...".

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10022277&dopt=Abstract .

1998 "Dietary phytoestrogens and their role in hormonally dependent disease," — Strauss L., Santti R., Saarinen N., Streng T., Joshi S., Makela S., Toxicol Lett. 1998 Dec. 28;102-103:349-54. Institute of Biomedicine and Medicity Research Laboratory, University of Turku, Finland.

★ ☹ ★ — "... there is no direct (scientific) evidence for the beneficial effects of phytoestrogens in humans. ... All information is based on consumption of phytoestrogen-rich diets, and the causal relationship and the mechanisms of phytoestrogen action in humans still remain to be demonstrated ... **In addition, the possible adverse effects of phytoestrogens have not been evaluated ... It is plausible that phytoestrogens, as any exogenous hormonally active agent, might also cause adverse effects in the endocrine system, i.e. act as endocrine disrupters ...**".

Since 1998, there is still no direct medical evidence proving the need for soy in our food supply, nothing has changed and this is still exactly the case today as it was back in **1998, and way back to 1907**.

In fact, if you go to 7 minutes (+)plus into the Dr. Mercola's Oct. 13, **2010** video ... "Soy -- Got Thyroid Problems ?? Then Stop Consuming This "Healthy" Food" he says "... clearly - soy infant formula should, I believe, **be banned** from commercial sale, and **should also be illegal** to be sold in the USA ...". Also read his Comment section.

Page 50

★★★★, ★★★★★, ★★★★★, ★★★★★ -- **Humans are affected at lower doses than rodents.**

"**In vivo data** show that phytoestrogens have a wide range of biologic effects at doses and plasma concentrations seen with normal human diets. Significant in vivo responses have been observed in animal and human tests for ... bone breast ... ovary ... pituitary ... vasculature ... prostate ... **and** serum lipids."

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11250801&dopt=Abstract .

2001 "Cross-species and inter-assay comparisons of phytoestrogen action," — Whitten P.L., Patisaul H.B., Environ Health Perspect 2001 Mar;109 Suppl 1:5-20., Department of Anthropology, Emory University, Atlanta, Georgia 03022, USA.

★ ☹ ★ **Humans are affected at lower doses than rodents.**

- **This paper compiles animal and human data on the biologic effects and exposure levels of phytoestrogens in order to identify areas of research in which direct species comparisons can be made. "In vivo data show that phytoestrogens have a wide range of biologic effects at doses and plasma concentrations seen with normal human diets.**
- **Significant in vivo-responses have been observed in animal and human tests for ... bone ... breast ... ovary ... pituitary ... vasculature ... prostate ... and serum lipids."**
- The doses reported to be biologically active in humans (0.4--10 mg/kg body weight/day) are lower than the doses generally reported to be active in rodents (10--100 mg/kg body weight/day), although some studies have reported rodent responses at lower doses.
- **The similarity of reported proliferative and antiproliferative doses** illustrates the need for fuller examination of dose-response relationships and multiple end points in assessing phytoestrogen actions.

Cautions and Warning



The pages on the left below, are in my essay [Soy – Abundance of Health Hazards](http://www.mayanmajix.com/soy01.html). These pages have a collection of just some of the scientific abstracts available, alerting people to the fact that soy & soy ingredients like soy protein isolate, SPI, genistein & diadzein and beta-sitosterol most definitely do cause **cancer** cells & tumors to grow, in vivo and in vitro ... <http://www.mayanmajix.com/soy01.html> .

Page 52, 77

— “Therefore, **caution is warranted** for postmenopausal women consuming dietary genistein while on TAM therapy for Eresponsive breast cancer.”

Page 47, 123

— **Women with current or past breast cancer** “should be aware of the “risks” of potential tumor growth” **when taking soy products.**

Page 47

— women with estrogen-dependent breast cancer or predisposition to it may want to reduce their consumption of soy products with a high isoflavone content.

— **In the paper in Carcinogenesis, the researchers compared the isoflavone in its two forms, as a glycoside (genistin, as it appears in plants) and aglucone (genistein). They found that both forms produced similar tumor growth rates, and that the conversion of genistin in the body begins with contact with saliva in the mouth.**

— **In Cancer Research, Helferich compared soy protein isolates containing varying levels of isoflavones.**

— researchers found that estrogen-dependent tumor growth increases as the isoflavone content increased in the soy-containing diet.

Page 73

— **Breast cancer is one of the most common forms of cancer observed in women, and endogenous estrogen is thought to play a major role in its development.**

— Because of this, any conditions or exposures which enhance estrogenic responses would result in an increased risk for breast cancer.

page 40

— The proliferation rate of breast lobular epithelium ... significantly increased ... after just 14 days ... of soy supplementation ... **when both the day of menstrual cycle & age of patient were accounted for. Thus short-term use of dietary soy containing isoflavone levels found in modern soy foods stimulates breast proliferation.**

— **Genistein causes Proliferation of cultured human breast cancer cells ... Dees concluded that ' women should not consume particular foods, (eg. soy-derived products), to prevent breast cancer'.**

Page 37

— A study with (24) normal pre- and post- menopausal white women, ages 30 - 58 were studied for one year.

— The authors noted that “the findings did not support our a priori hypothesis” that soy protected Asian women against breast cancer.

— “Instead, this pilot study indicates that “prolonged consumption” of soy protein isolate has a “stimulatory effect” on the premenopausal female breast ... **genistein and daidzein in Soy protein isolate (SPI).**

Justine Butler's claim that soy is harmless gives people False hope, a False sense of security if they have a deadly illness like **cancer, and her claim intentionally misleads people to an inaccurate and unsafe conclusion about soy and soy ingredients. There is nothing “not conclusive” about the dangers of soy.**

So, who really is Justine Butler anyway **?? ?? ??**. Who really write those 2 soy articles **?? ??**. Those 2 soy articles are intended to be a Smokescreen of lies, misinformation, deception, and misdirection in order to confuse and take advantage of people's ignorance on the subject when their very life may depend on real accurate information.

"Oh what a tangled web we weave when first we practice to deceive". The weed of crime bears bitter fruit. Does the soy industry and all of its supporters really think they'll all get away with it ??. Do they really think I, We wouldn't know ??.

So, in light of this & a lot more information on the dangers of soy, I highly recommended ... **in order to protect yourself and the ones you ♥ Love ... read the ingredient labels on all the food you buy, and if you find soy, flax, canola, cottonseed oil, or MSG as an ingredient, switch brands to avoid them !!. Vote with your pocket book. .../ 80**

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Some very important scientific research abstract references

More references to the science on the dangers of soy in my 2004 soy research paper ... **Soy - Abundance of Health Hazards** ... <http://www.mayanmajix.com/soy01.html> ... and ... <http://www.mayanmajix.com/soy01.pdf> .

Page 122 – 124 ... My wife's story. A short summary of how she died from soy poisoning (murdered by soy).

Page 32, 42, 44, 71-2, 81 ... Genistein in soy is proven to be and is classified as a **Topoisomerase II--poison** .

Page 63 - 67 ... Brain Damage – Frying the Brain and Nervous System with Soy.

Page 44 ... human DNA damage with in just 1 hour after exposure to soy.

Page 7 ... **"It is child abuse to feed a baby soy infant formula," Chapter 9** ... **"Soy - The Abominable Bean"**
... <http://www.doctorsaredangerous.com/ChapterNine.pdf> .

★ Pages 49 ... Removal of soy caused cancer tumors to regress.

Pages 25, 26, 29, *31 - 38, *40 - 44, 47, 49, 68, 74, 96 ... **Soy causes cancer → → Soy causes existing cancer cells to grow → → Soy causes non-cancerous tumors to turn cancerous** .
Human breast cells and prostate **and** DNA damage

Page 8 ... **Soy is an Omega-6 oil, fatty acid** ... http://www.mercola.com/2002/jun/5/fish_oil.htm .
[British J. Nutr., Apr. 2002](http://www.britishjournalofnutrition.com/vol87/3/193-198.htm), vol.87:4, pp. 281 - 289(9) and vol.87:3, pp. 193 - 198(6).

★ ☹ ★ ... **** Omega - 6 fats ... have been found to "cause" cancer growth.** ★ (also see Flax Seed Oil)
... **** Omega - 3 fats ... "reduce" cancer cell growth,** (includes Fish Oil)

★ **Except Flax** – it has been proven to **cause** cancer cells to grow, see the
U.S. FDA's **"Poisonous Plant and Plant Part Database"** ...
... <http://www.accessdata.fda.gov/scripts/planttox/index.cfm> ... and

★ Flax Seed Oil - Actually Increases Prostate Cancer, Fish Oil Decreases it
and ... http://www.mercola.com/2004/jul/21/flax_seed_oil.htm ...

the **ALA** in Flax stimulates tumor growth, EPA and DHA prevents growth

"... Generally our diet contains far too many omega-6 fats. Experts looking at dietary ratio of omega-6 to omega-3 fatty acids suggest that in early human history the ratio was about 1:1 ... Currently most Americans eat a dietary ratio that falls between 20:1 and 50:1. The optimal ratio is closer to 1:1 ..."

"... For most of us, this means greatly reducing the omega-6 fatty acids, and increasing the amount of omega-3 fatty acids we eat ...", (which is the opposite of what the health food industry says).

Page 1, 5, 11, 23, 99 -106, 113, 114, 119 - 121 ... **Soy does not pass "WHO Food Safety Standards"** ... or ...
US FDA GRAS, **"Generally Recognized As Safe"** status ... In fact, it **is not** even legal to put in our food

Page 5 ... US FDA turned down the soy industry request for GRAS status for soy protein in **1972, 1979, 1999**,
BECAUSE of Soy's proven carcinogenic properties; therefore, **Soy has not been given "Pre-market Approval"** for its use in our food, a legal requirement for food and food additives since **1972**.

Surprise ... On Nov. 13, **2010**, I finally found out who Justine Butler is using Google search again. She is not really a Doctor after all, but is identified as a research assistant in Spring **2009**, on "The Action **2030** Team." See page 3 in this article ... <http://www.action2030.org/publications/policybriefs/PolicyBriefSoy.pdf> ... associated in China with research for global soy industry ... <http://www.asienhaus.de/public/archiv/eu-china-hintergrundinformation5-10.pdf> . Amazing **!!**.

This explains why Dr. is not with Justine Butler name at the beginning of her 2 soy articles in question here, but there is a very extremely important Question ... Why does Guardian UK identify her as a doctor, in the Guardian UK soy article **??**.
Answer -- More lies, deception, and misdirection by the soy industry. .../ **81**

Now we **know** who Justine Butler is !!.

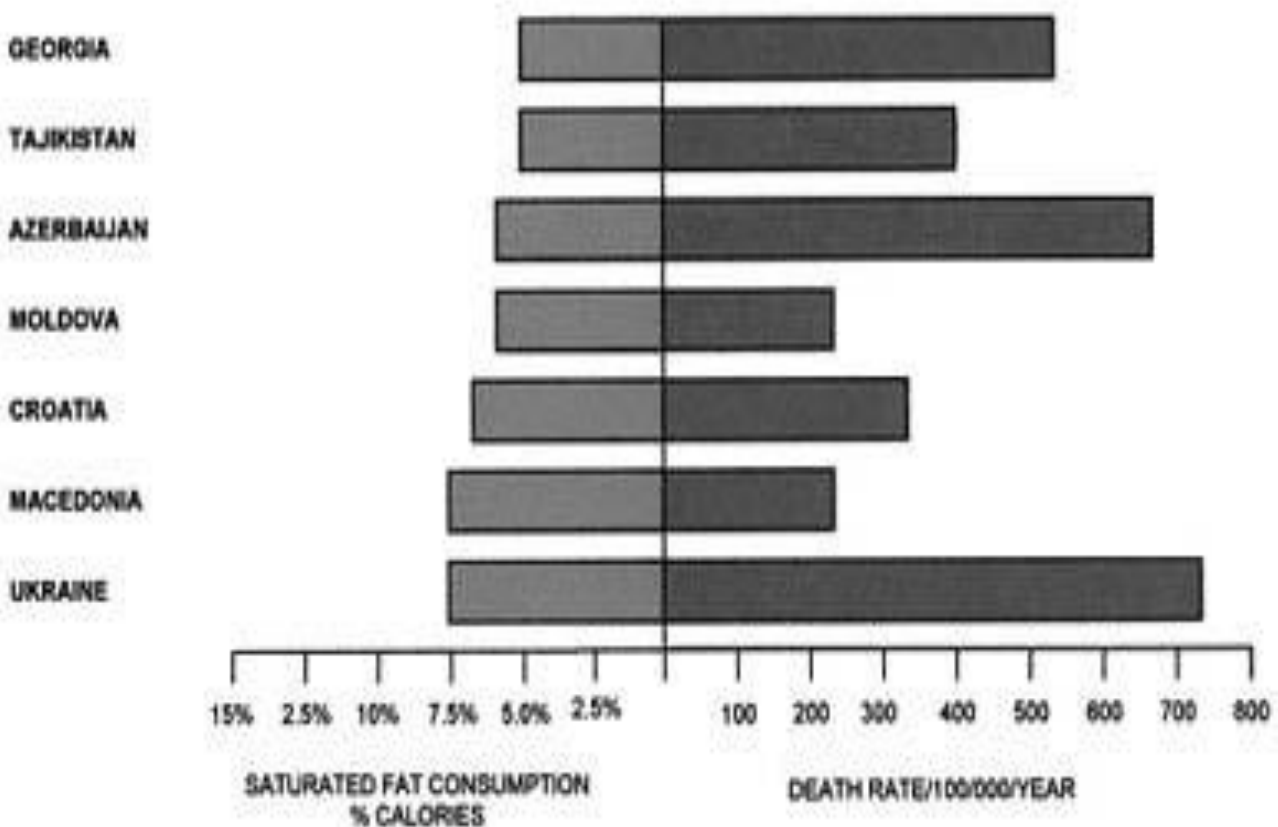
Comments on the USDA Dietary Guidelines – Health Topics, ABC's of Nutrition - Summary ... June 3, 2010 ... <http://www.westonaprice.org/abcs-of-nutrition/1950-comments-on-the-usda-dietary-guidelines.html> .

**As saturated fat consumption declined in the U.S.
over the last one hundred years,
heart disease has increased**

Lower fat diets causing the very problems AHA wants to prevent.

Warnings against dietary saturated fats are predicated on the assumption that saturated fats contribute to atherosclerosis and therefore to heart disease; yet, **as saturated fat consumption has declined in the U.S. over the last 100 years, heart disease has increased.** Recent epidemiological evidence from Europe does not support a correlation of saturated fat with heart disease, as shown in the charts below. ¹² .

**(FIG 1) COMPARISON OF HEART DISEASE DEATHS
vs. CONSUMPTION OF SATURATED FAT % CALORIES
(Countries with lowest saturated fat consumption)**

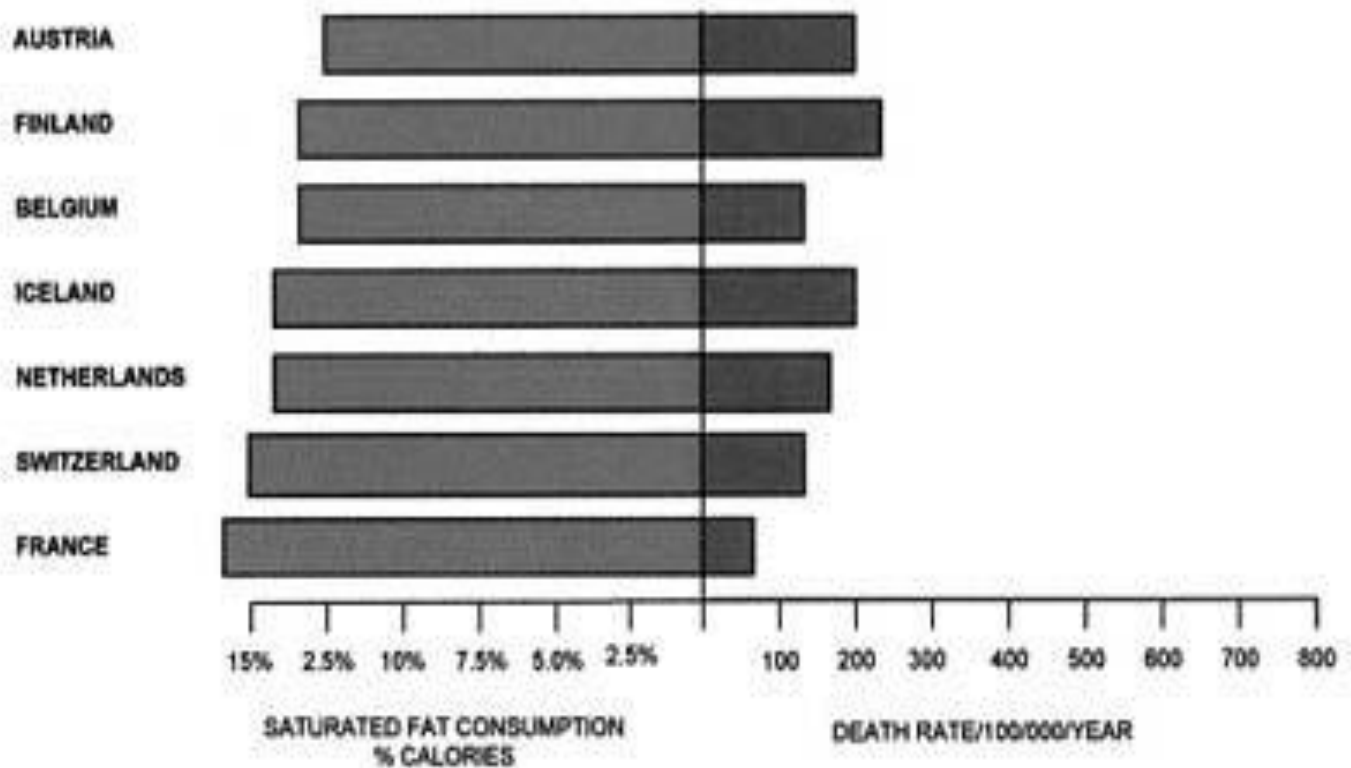


Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

**As saturated fat consumption increases in other countries,
heart disease has increased**

Lower fat diets causing the very problems AHA wanted to prevent.

(FIG 2) COMPARISON OF HEART DISEASE DEATHS
vs. CONSUMPTION OF SATURATED FAT % CALORIES
(Countries with highest saturated fat consumption)



What happens when children are put on lower fat diets? When researchers prominently associated with the American Heart Association fed children lower fat diets and measured some of the markers they consider important predictors of heart disease, they found that these lower fat diets were causing the very problems they wanted to prevent. The children whose genes would normally have been producing the desirable light and fluffy form of LDL started to make the dangerous small and dense form of LDL.¹³ Thus the US dietary recommendations are likely to be causing heart disease, not preventing it.

Footnotes ...

12. Data compiled from **European Cardiovascular Disease Statistics, 2005** Edition, www.heartstats.org/uploads/documents%5CPDF.pdf.
13. Dreon, MD and others. **American Journal of Clinical Nutrition** 2000 71:1611-1616).

I find it rather amazing and remarkable that for **Justin Bulter**, the Guardian UK, claims she is a Doctor ... and that it was so easy for me to prove her 2 soy articles, **2006** and **2010** are full of lies, and her info is grossly inaccurate in the extreme, meaning she does not know what she is talking about. According to the definition of incompetence on page 1 of this essay. By the standards recognized by [Physicians and Scientists for Responsible Application of Science and Technology, PSRAST](#), show that Justine Butler is incompetent when it comes to the topic of Soy, and it is highly suspected that she did not write those 2 soy articles, but they were written by **Ghostwriters**, who asked her to put her name to the articles, possibly someone from Monsanto, Solae Corporation, or in pro-soy lobby.

By the way, isn't it interesting that there is no scientific referenced documentation presented for what **Justin Butler** says in the **2010** or **2006** soy articles. By the way, many of the reader comments at the end of her articles very nicely point out her errors on this topic, and as well as, many supply, refer to scientific references **to back-up the reader comments**.

The people that (?Dr.) Justine Butler criticizes

The people that (?Dr.) Justine Butler criticizes in her soy article are all very well educated and very skilled in doing world wide research. Just because Justine Butler disagrees, she should not then say soy is safe, by putting out **false** information which people will depend on. Especially when the information on the dangers of soy is so very easy to find, and backed-up by extremely creditable scientific research going back to **1907**, and earlier.

Below is a copy and paste of information about people and organizations that were unjustly criticized in Justine Butler's soy articles. You can see, along with everything else being wrong in Justine Butler's soy articles, she was extremely inaccurate with these individuals and organizations. They are all highly educated and qualified in the research they do on our behalf.

Soy Online Service ... <http://www.soyonlineservice.co.nz/> ... **SOS**

Our mission is ... to expose the deceit of the major soy companies and the pro-soy lobby, **and uncover the truth** about soy in order to provide consumers with an alternative opinion to the plethora of criminal and dangerous and deadly lies that issue from the soy industry.

Soy Online Service, SOS, is a small group of private citizens from New Zealand, the United States, and the United Kingdom. We have no membership as such. We have no industry connections & are not funded or sponsored by any outside interest groups. The time we spend investigating and presenting the information on this website is funded out of our own pockets. We do this so you can make an informed choice about what you eat. We do not seek the destruction of the soy industry or to stop people from eating soy. We have no desire to stop you being Vegan or to cause you to switch to dairy products.

SOS is the website with the largest scientific data-base, with the most scientific abstracts, on dangers of soy going back before **1907**, because of research **not yet** posted on **PubMed ...** <http://www.ncbi.nlm.nih.gov/pubmed/> ... **NCBI – National Center for Biotechnology Information**, and the U.S. FDA's "**Poisonous Plant and Plant Part Database**"... <http://www.accessdata.fda.gov/scripts/plantox/index.cfm> . Also, **SOS** has THE largest collection, data-base, of testimonials from people who have been either injured or killed from **eating commercial soy products and ingredients made out of commercial soy**. **SOS** started the class action lawsuit against the soy industry.

If you wish to file a complaint about the harm you think soy products may have caused you, here is a list of all the **FDA Regional Offices**.

Richard F. James, MBA, LLD ... worked 10 years in a private legal practice in New Zealand and 12 years in insurance, legal & contract management responsibilities in several countries. He and his wife, Valerie, have been instrumental in warning the public about the dangers of soy. They maintain the popular website, **SOS ...** [soyonlineservice.co.nz](http://www.soyonlineservice.co.nz) .
continued ...

Richard F. James, MBA, LLD ...
Continued ...

New Avoid Soy Update -- April 9, 2000

. <http://articles.mercola.com/sites/articles/archive/2000/04/09/soy-research-update.aspx?aid=CD12> .

In 1991, Richard and Valerie James, bird breeders in Whangerai, New Zealand, purchased a new kind of feed for their birds - one based largely on soy protein.(47.) When soy-based feed was used, their birds 'colored up' after just a few months. In fact, one bird-food manufacturer claimed that this early development was an advantage imparted by the feed. A 1992 ad for Roudybush feed formula showed a picture of the male crimson rosella, an Australian parrot that acquires beautiful red plumage at 18 to 24 months, already brightly colored at 11 weeks old.

Unfortunately, in the ensuing years, there was decreased fertility in the birds, with precocious maturation, deformed, stunted and stillborn babies, and premature deaths, especially among females, with the result that the total population in the aviaries went into steady decline. The birds suffered beak and bone deformities, goiter, immune system disorders and pathological, aggressive behavior. Autopsy revealed digestive organs in a state of disintegration. **The list of problems corresponded with many of the problems the Jameses had encountered in their two children, who had been fed soy-based infant formula.**

Startled, aghast, angry, the Jameses hired toxicologist Mike Fitzpatrick. PhD, to investigate further. **Dr Fitzpatrick's** literature review uncovered evidence that soy consumption has been linked to numerous disorders, including **infertility**, increased **cancer** and **infantile leukemia**; and, in studies dating back to the 1950s, (48.) that genistein in soy causes **endocrine disruption** in animals. Dr Fitzpatrick also **analyzed the bird feed and found that it contained high levels of phytoestrogens, especially genistein.** When the Jameses discontinued using soy-based feed, the flock gradually returned to normal breeding habits and behavior.

The Jameses embarked on a private crusade to warn the public and government officials about toxins in soy foods, particularly the endocrine-disrupting isoflavones, genistein and diadzen. Protein Technology International received their material in 1994.

In 1991, Japanese researchers reported that consumption of as little as 30 grams or two tablespoons of soybeans per day for only one month resulted in a significant increase in thyroid-stimulating hormone.(49.) Diffuse goiter and hypothyroidism appeared in some of the subjects and many complained of constipation, fatigue and lethargy, even though their intake of iodine was adequate. In 1997, researchers from the FDA's National Center for Toxicological Research made the embarrassing discovery that the goitrogenic components of soy were the very same isoflavones.(50.)

25 grams of soy protein isolate, the minimum amount PTI claimed to have cholesterol-lowering effects, contains from 50 to 70 mg of isoflavones. It took only 45 mg of isoflavones in premenopausal women to exert significant biological effects, including a reduction in hormones needed for adequate thyroid function. These effects lingered for three months after soy consumption was discontinued.(51.)

One hundred grams of soy protein - the maximum suggested cholesterol-lowering dose, and the amount recommended by Protein Technologies International - can contain almost 600 mg of isoflavones, (52.) an amount that is undeniably toxic. In 1992, the Swiss health service estimated that 100 grams of soy protein provided the estrogenic equivalent of the Pill.(53.)

In vitro studies suggest that isoflavones inhibit synthesis of estradiol and other steroid hormones.(54.) Reproductive problems, infertility, thyroid disease and liver disease due to dietary intake of isoflavones have been observed for several species of animals including mice, cheetah, quail, pigs, rats, sturgeon and sheep.(55.)

.....

End Notes

- 47. Woodhams, D.J., "Phytoestrogens and parrots: The anatomy of an investigation", Proceedings of the Nutrition Society of New Zealand (1995) 20:22-30.
- 48. Matrone, G. et al., "Effect of Genistin on Growth & Development of Male Mouse", Journal of Nutrition (1956) 235-240
- 49. Ishizuki, Y. et al., "The effects on the thyroid gland of soybeans administered experimentally in healthy subjects", Nippon Naibunpi Gakkai Zasshi (1991) 767:622-629.

For complete reference list, End Note list, click on the link above, top of this page .

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Dr. Mike Fitzpatrick, PhD ... is an environmental scientist with expertise in assessment of the effects of contaminants in the environment, including interest in endocrine disrupting compounds and trace metals. He is an expert in research & on the effects of phytoestrogens in soy products & on sudden infant death syndrome. He is a member of the Board of Directors of the WAPF ... <http://www.westonaprice.org/board-of-directors.html> .

Weston A. Price Foundation ... <http://www.mercola.com/article/agriculture.aspx> ... Promoting Sustainable Agriculture. The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. It supports accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies.

Kaayla Daniel, PhD, CCN ... earned her Ph.D. in Nutritional Sciences & Anti-Aging Therapies from the Union Institute and University in Cincinnati and is board-certified as a clinical nutritionist (CCN) by the International and American Association of Clinical Nutritionists in Dallas. She is the author of *The Whole Soy Story: The Dark Side of America's Favorite Health Food ...* <http://blog.wholesoystory.com/> . She designs diet, supplement and lifestyle plans for private clients and is a dynamic speaker and seminar leader who challenges and entertains her audiences with leading-edge information on clinically proven ways to prevent and reverse disease and attain optimum health and maximum longevity. She is the mother of two children, an organist who performs Bach recitals and a resident of Santa Fe, NM.

Weston A. Price Foundation ... <http://www.westonaprice.org/about.html> ... about.
. <http://www.westonaprice.org/board-of-directors.html> Board of Directors

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in **1999** to disseminate the research of nutrition pioneer **Dr. Weston Price**, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that humans achieve perfect physical form and perfect health generation after generation only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy formula for infants.

The Foundation seeks to establish a laboratory to test nutrient content of foods, particularly butter produced under various conditions; to conduct research into the "X Factor," discovered by Dr. Price; and to determine the effects of traditional preparation methods on nutrient content and availability in whole foods.

The board and membership of the Weston A. Price Foundation stand united in the belief that modern technology should be harnessed as a servant to the wise and nurturing traditions of our ancestors rather than used as a force destructive to the environment and human health; and that science and knowledge can validate those traditions.

The Foundation's quarterly journal, *Wise Traditions in Food, Farming, and the Healing Arts*, is dedicated to exploring the scientific validation of dietary, agricultural and medical traditions throughout the world. It features illuminating and thought-provoking articles on current scientific research; human diets; non-toxic agriculture; and holistic therapies. The journal also serves as a reference for sources of foods that have been conscientiously grown and processed.

.....
It is my opinion, which I think Justin Butler or her ghostwriter(s), whoever they are, quite nicely fit into these definitions -

Definition of a Shill ... <http://www.thefreedictionary.com/shills>Noun - a beguiler who leads someone into danger (usually as part of a plot.)

Definition of a Beguiler ... <http://wordnetweb.princeton.edu/perl/webwn?s=beguiler> ... deceiver: someone who leads you to believe something that is not true.

The ♥ Heart Has No Reasons, It Knows Without Reasoning.

. <http://www.mayanmajix.com/heart.html> .

Written In Memory of Princess Diana and Mother Teresa.
Sept. 1997

When all is said and done, when you come to the end of your life, I don't want to know what the world said or what your worldly mind has learned to define as successful, or what rules or customs you were brought up with and felt you had to follow in order to justify what you did or didn't do to others or for others. What I really want to know is, Do you know how to really not know ?? Can you realize your own ignorance while you profess and assert your worldly knowledge to others ?? I want to know if you have learned what it means to think with and through your Heart, to know the difference between looking with your eyes and seeing with and through your Heart, and to not only be able to hear with your ears but to also be able to listen with and through your Heart. Have you learned and experienced the difference between feeling with your hands and feeling with and through your Heart ?? Are you able to touch others Hearts with your Heart ??

I don't want to know what facts you have learned throughout your life on earth, but I do want to know if you know what it means by the saying, "The ♥ Heart has no reasons, it knows without reasoning". Have you learned how to know with and through your ♥ Heart ... **FIRST**, and then act accordingly ?? I want to know if you can do the "**Right Thing**", even if it means **challenging** the authority figures and rules of the day, **and then** do it again, and again ?? What I really want to know is, **are you strong enough**, and do you **have the courage** to follow **Socrates**, (469 - 399 BC), **example of** "... Examining your thoughts, statements and actions by pursuing their implications, on the assumption that if they are true, they would not lead to false consequences ..." ?? I want to know that after you have struggled to climb, to ascend, to the top of the mountain, will you willingly and **Joyfully** and ♥ **Lovingly** come back down to be with and to help those who have not climbed the mountain ?? If you can, then you have been able to touch the ♥ Heart and ♥ Love of God with your ♥ Heart, with your thoughts, and with what you have said and done with your life on earth ... this time ... and then each time hereafter.

Anonymous (Gerald Hernesmaa, 1997)

P.S. The ♥ Heart has no reasons, it knows without reasoning, because the ♥ Heart understands and knows in ways that reason does not understand & can not verify, so, the ♥ Heart has it reasons that reason does not know.

Einstein Said, "... he world is a dangerous place to live in, not because of the people who are evil, but because of the people who don't do anything about it ...".

"Ethics" ... n. pl., 1.) The Principles of morality, including both the science of the good and the science of right.
The American College Dictionary, © 1964, page 412

Dangers of Dietary Isoflavones
at levels above those found in traditional diets
The Risks Of Abandoning “The Precautionary Principle”
by Soy Online Service ... <http://www.soyonlineservice.co.nz/>
“Soy - Abundance Of Health Hazards” ... <http://www.mayanmajix.com/soy01.htm> .

Leading Edge Research: Blacks Legal Definitions
 See Also, Corporate Research Page

Blacks Law Dictionary, 6th Edition, 1990

Legal Definitions

<http://www.trufax.org/reports/legal.html>

Belief: A subjective condition that is a conviction of the truth of a proposition, induced into existence within the mind. (Note: that belief does not involve truth, but only the conviction of it).

Conflict of Interest: Term used in connection with public officials, fiduciaries and their relationship to matters of private interest or gain to them; a clash between public interest and the private pecuniary interest of the individual or individuals concerned; a conflict of interest arise when a person's personal or financial interest conflicts or appears to conflict with his official responsibility. 18 U.S.C.A. §203 et seq. **Examples:** An FDA official takes a job with a company producing a product over whom he has had regulatory influence; a company official takes a job at the FDA where he or she is in a position to rule over products created by his former employer or extensions of products or processes thereof.

Conspiracy in Restraint of Trade: All forms of illegal agreements which have as their object interference with free flow of commerce and trade.

Suppressio Veri, Expressio Falsi: Suppression of the truth is equivalent to expression or suggestion of what is false.

Truth: That which is conformable to the actual state of things. (Note: not subjective)

Fact: Reality of events or things the actual occurrence or existence of which is to be determined by evidence. An actual happening in time and space or a mental or physical event.

Fraud: An intentional perversion of the truth for the purpose of inducing another in reliance upon it to part with some valuable thing or to surrender a legal right; a false representation of a matter of fact, whether by words or conduct, by false or misleading allegations, or by concealment of that which should have been disclosed, which deceives and is intended to deceive another so that he shall act upon it to his legal inquiry; anything calculated to deceive, whether by a single act or combination, or by suppression of truth, or suggestion of what is false, whether it be by direct falsehood or innuendo, by speech or silence, word of mouth, or look or gesture; fraud comprises all acts, omissions, and concealments involving a branch of legal or equitable duty and resulting in damage to another.

Fraudulent Concealment: The hiding or suppression of a material fact or circumstance which the party is legally or morally bound to disclose, in order to prevent inquiry, escape investigation, or to mislead or hinder the acquisition of information disclosing a right of action.

Fraudulent Intent: Such intent exists where one, either with a view of benefiting oneself or misleading another into a course of action, makes a representation which one knows to be false or which one does not believe to be true.

Deceit: A fraudulent and deceptive misrepresentation, artifice, or device, used by one or more persons to deceive and trick another, who is ignorant of the true facts.

<http://www.trufax.org/reports/legal.html> .

Dangers of Dietary Isoflavones
at levels above those found in traditional diets
The Risks Of Abandoning “The Precautionary Principle”
by Soy Online Service ... <http://www.soyonlineservice.co.nz/>
“Soy - **Abundance Of Health Hazards**” ... <http://www.mayanmajix.com/soy01.htm> .

Blacks Law Dictionary, 6th Edition, 1990

Legal Definitions

<http://www.trufax.org/reports/legal.html>

Continues

Misrepresentation: Any manifestation by words or other conduct not in accordance with the facts; an untrue statement of fact; an incorrect or false representation which, if accepted, leads the mind to an apprehension of a condition other and different from that which exists.

Proof: The result or effect of evidence, the means by which a fact is proven.

Positive Proof: That which establishes the fact in question, as opposed to negative proof, which establishes the fact by showing that its opposite is not or cannot be true.

Informed Consent: A person's agreement to allow something to happen, based on full disclosure of the facts needed to make the decision intelligently; i.e., knowledge of risks involved, alternatives, etc.; the general principle of law embodying the duty to disclose to another whatever risks might be incurred from a proposed course of treatment, so that a person, exercising ordinary care for his own welfare, and faced with a choice of undergoing the proposed treatment, or alternative treatment, or none at all, may intelligently exercise his judgment by reasonably balancing the probable or possible risks against the probable or possible benefits.

Convincing Proof: Such as is sufficient to establish the proposition beyond reasonable doubt in an unprejudiced mind. (**Note:** a mind is not unprejudiced *where a belief already exists*).

(Keep the following in mind relative to those entities who herein control and manipulate others):

Criminal Conspiracy: A combination or confederation between two or more persons, formed for the purpose of committing, by their joint efforts, some unlawful or criminal act, or some act which is lawful in itself, but becomes unlawful when done by the concerted action of the conspirators, or for the purpose of using criminal or unlawful means to the commission of an act not in itself unlawful. A person is guilty of conspiracy if that person agrees to aid other persons in the planning or commission of such crime, or of an attempt or solicitation of such a crime. *A conspiracy may be a continuing one; actors may drop out, and others drop in; the details of operation may change from time to time; the members need not know each other or the part played by others; a member need not know all the details of the plan or the operation; he must, however, know the purpose of the conspiracy and agree to become a party to a plan to effectuate that purpose.* A chain-conspiracy is characterized by different activities carried on with the same subject of conspiracy in chain-like manner that each conspirator in chain-like manner performs a separate function which serves in the accomplishment of the overall conspiracy. A civil conspiracy is a concert or combination to defraud or cause other injury to person or property, which results in damage to the person or property. Conspiracy in restraint of trade describes all forms of illegal agreements such as boycotts, price-fixing, etc., which have as their object interference with the free flow of commerce and trade. One cannot agree or conspire with another who does not agree or conspire with him.

Color of Law: Misuse of power, possessed by virtue of law, and made possible only because the wrongdoer is clothed with authority of State. Misuse of power by an official because the person is an official. Unlawful acts under color of law would not have occurred but for the fact that the person committing them was an official then, and there exercising power outside the bounds of lawful authority.

Color of Office: Pretense of official right to do an act made by one has no such right conferred by any authority.

Dangers of Dietary Isoflavones
at levels above those found in traditional diets
The Risks Of Abandoning “The Precautionary Principle”
by Soy Online Service ... <http://www.soyonlineservice.co.nz/>
“Soy - **Abundance Of Health Hazards**” ... <http://www.mayanmajix.com/soy01.htm> .

Blacks Law Dictionary, 6th Edition, 1990

Legal Definitions

<http://www.trufax.org/reports/legal.html>

Continues

Criminal Gross Negligence: Negligence that is accompanied by acts of commission, or omission of a wanton or willful nature, showing a reckless or indifferent disregard of the rights of others, under circumstances reasonably calculated to produce injury, or which make it probable that injury will be occasioned, and the offender knows or is charged with knowledge of the probable results of his acts.

Criminal Behavior: Conduct which causes any social harm which is defined and made punishable by law, presuming the law exists which covers the action.

Quasi Crimes: All offenses not crimes or misdemeanors, but that are in the nature of crimes; a class of offenses against the public which have not been declared crimes, but wrongs against the general or local public which should be punished by penalties.

Criminal Homicide: Criminal homicide constitutes murder when it is committed purposely or knowingly, or committed recklessly under circumstances manifesting extreme indifference to the value of human life.

Malicious Abuse of Legal Process: Perversion of court process to accomplish some end which the process was not designed to accomplish, and does not arise from the regular use of process, even with ulterior motives. Intent is to secure ends other than those intended by law through willfull application of court process.

Monopoly: A privilege or peculiar advantage vested in one or more persons or companies, consisting in the exclusive right (or power) to carry on a particular business or trade, manufacture a particular article, or control the sale of the whole supply of a particular commodity. A form of market structure in which one or only a few firms dominate the total sales of a product or service; the two main elements of the Sherman Antitrust Act are: possession of monopoly power and willful acquisition or maintenance of that power, as distinguished from growth or development as a consequence of a superior product, business acumen, or historic accident.

Monopoly Power: That which must exist to establish a violation of the Sherman Anti-Trust Act. The power to fix prices, to exclude competitors, or to control the market in the geographical area in question.

Monopolization: It is monopolization for persons to combine or conspire to acquire or maintain power to exclude competitors from any part of trade or commerce, provided they also have such power that they are able, as group, to exclude actual or potential competition, and provided they have intent and purpose to exercise that power.

Negligence: Omission which a reasonable person, guided by ordinary considerations which ordinarily regulate human affairs, would do, or the doing of something which a reasonable and prudent person would not do; conduct which falls below the standard established by law for the protection of others from unreasonable risk of harm.

Preponderance of evidence: Evidence which is of greater weight or more convincing than the evidence which is offered in opposition to it; it may not be determined by the number of witnesses, but by the greater weight of all evidence, the opportunity for knowledge, information possessed.

Willful Misconduct: Conduct committed with an intentional or reckless disregard for the safety of others, or with an intentional disregard of a duty necessary to the safety of another's property.

<http://www.trufax.org/reports/legal.html>

End of Definitions

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Even More of Soy's **Hidden** History, **Lies** and **Deceptive** Business Practices



. <http://www.coconutresearchcenter.org/soy-deception-article.htm> .

The Soy Deception

How Palm Oil is Protecting the Amazon Rain Forest

Feb. 2, 2008

*The soybean industry is up to its old tricks, attempting to demonize the tropical oils. This time, the attacks are in the guise of environmentalism. However, **if the truth were told, the** soy industry would be exposed as one of the world's worst offenders. Palm oil production, on the other hand, is protecting areas like the Amazon rain forest from destruction.*

During the **1970's** and **1980's** the soybean industry was troubled by emerging evidence that soybean oil consumption lowered immunity, increased susceptibility to infectious disease, and promoted cancer.

At this same time saturated fats were being scrutinized because of their tendency, in general, to raise blood cholesterol levels. The bigwigs in the soybean industry got the bright idea that if they could demonize the competition, by making saturated fats appear to be the cause of heart disease—the nation's number one killer—people wouldn't pay much attention to the negative findings coming out about soybean oil. Starting in the mid-**1980's** the soybean oil industry began a multi-million dollar anti-saturated fat campaign. Saturated fats increased cholesterol, they said, and high cholesterol causes heart disease. The tropical oils (coconut, palm, and palm kernel oils) were singled out as being the worst offenders because of their high saturated fat content.

Some, but not all, saturated fats do raise total cholesterol, but there was no solid evidence that high cholesterol actually caused heart disease. **That is why** high cholesterol is only considered a "risk factor" rather than a cause. But that didn't stop the soy industry. Gullible consumer advocate groups like The Center for Science in the Public Interest (CSPI) and The American Heart Savors Association were **swayed by the misleading information** and began their own campaigns against saturated fats. In these groups the soybean industry found very vocal, high profile allies which spearheaded much of the criticism against saturated fats, and particularly against the tropical oils. These organizations placed anti-saturated fat ads in the media, published newsletters and magazine articles, and books, and lobbied for political action against the use of tropical oils and other saturated fats.

The soybean industry **fed misleading information** to these groups and allowed them to fight the battle. The soybean industry took a back seat and stayed out of the limelight. This was very clever from a marketing perspective because now the soybean industry wasn't viewed as openly attacking their competition. Since the bulk of the attack came from supposedly impartial third parties, their message had more impact. People were swayed against saturated fats and the tropical oils.

Restaurants and food manufactures sensitive to customer fear of saturated fats, began removing these fats from their foods and replacing them with **vegetable oils**. Tropical oil consumption plummeted while soybean oil sales skyrocketed. In the United States soybean oil soon accounted for about 80 percent of all the vegetable oil consumed.

During this time, one thing the soybean industry conveniently neglected to tell the public was that the saturated fats were not being replaced with ordinary vegetable oil, but by **hydrogenated soybean oil!** Hydrogenated soybean oil contains toxic trans fatty acids and is far more damaging to the heart than any other fat. It has also been linked to numerous other health problems including **diabetes, cancer, and various autoimmune diseases**. In terms of health, it is absolutely the worse fat that could be used.

The soy industry was aware of many of the detrimental effects associated with hydrogenated vegetable oils and trans fatty acids, that is why it was never publicly announced that saturated fat would eventually be replaced by **hydrogenated vegetable oils**. They succeeded in demonizing all saturated fats, including healthy coconut and palm oils, for the sake of profit. The plan was an overwhelming financial success. Over the next two decades hydrogenated vegetable oils found their way into over 40 percent of all the foods on supermarket shelves, amounting to about 40,000 different products. Hydrogenated soybean oil consumption dramatically increased, so did numerous diseases now found to be associated trans fatty acids.

In recent years, however, coconut and palm oils have been making a comeback. Careful review of previous research and more current medical studies have exonerated the tropical oils from the claim that they promote heart disease. In fact, if anything, they appear to help protect against heart disease as well as many of the other diseases now known to be linked to hydrogenated vegetable oils.

With the growing awareness of the dangers of trans fatty acids in hydrogenated vegetable oils and the landmark announcement in **2002** from the United States Institute of Medicine stating that **"no level of trans fatty acids is safe in the diet,"** tropical oils are returning. Coconut and palm oils are naturally trans fat free. Palm oil in particular has enjoyed a resurgence internationally as a preferred cooking oil. Its excellent stability and high smoke point (437 degrees F) make it ideal for cooking and frying. In terms of health, it is far superior to hydrogenated soybean oil.

Many restaurants and food manufactures are now replacing their hydrogenated soybean oil with palm oil. Consequently, hydrogenated soybean oil sales are declining. The soybean oil industry is alarmed. In an effort to protect their profits they've returned to their old tried and true means of demonizing the competition in order to make their products more acceptable.

Relying on old friends, such as CSIP, a new wave of attacks have been focused on palm oil. CSPI reverting back to its old standard of trying to create fear in the minds of the public, continues to harp on the saturated fat issue. They have even published full page ads in the New York Times suggesting that palm oil is worse than hydrogenated soybean oil. The impact the CSPI has had with this approach has generally been flat. **Too many people now are aware of the benefits of the tropical oils and the dangers of hydrogenated vegetable oils**. Their anti-saturated fat rhetoric isn't having the same impact as it did in previous years. There is just too much scientific evidence to refute their unfounded claims.

Desperate to find an alternative means of attack, the soybean industry has found a new ally in the **Friends of the Earth**, a highly vocal politically active environmental group. **Fueled by support and misleading data from the soy industry**, the Friends of the Earth have now waged a war against palm oil on the grounds that palm cultivation is **destroying the environment**. They claim that rain forests are being leveled to make room for palm plantations, destroying the ecology and bringing endangered species, such as the orangutan, to the brink of extinction. Anyone with any sense of responsibility for the environment would be emotionally swayed by this argument.

The problem, however, is that it's not true. Like a magician, **the soybean industry is a master of illusion**. They were successful in creating the illusion that tropical oils caused heart disease and that hydrogenated soybean oils were a better option. Now that we have discovered the secret to that illusion, they are trying to trick us again. This time they are attempting to create an illusion that their competition is harming the environment while they, on the other hand, are environmentally friendly. **In reality, the soybean industry is causing more destruction to the environment than probably any other agricultural industry on the planet.**

In the time it takes to read this entire article, an area of Brazil's Amazon rain forest larger than 200 football fields will have been destroyed, much of it for soybean cultivation.

Brazil holds about 30 percent of the Earth's remaining tropical rain forest. The Amazon Basin produces roughly 20 percent of the Earth's oxygen, creates much of its own rainfall, and harbors many unknown species. The Brazilian rain forest is the world's most biologically diverse habitat. Close to 20 percent of the Amazon rain forest has already been cut down.

Now, industrial-scale soybean producers are joining loggers and cattle ranchers, speeding up destruction and further fragmenting the great Brazilian wilderness. Between the years 2000 and 2005, Brazil lost more than 50,000 square miles of rain forest. A large portion of that was for soybean farming.

Soybean production in the Brazilian Amazon soared after heat-tolerant varieties were introduced in 1997. In just ten years, exports of soybeans grown in the Amazon Basin have reached 42 million tons a year. Total annual soybean production in Brazil is about 85 million tons. Brazil will soon surpass the United States as the world's leader in soybean production.

At the current rate of clearing, scientists predict that **40 percent** of the Amazon will be destroyed and a further 20 percent degraded within two decades. If that happens, the forest's ecology will begin to unravel. Intact, the Amazon produces half its own rainfall through the moisture it releases into the atmosphere. Eliminate enough of that rain through clearing, and the remaining trees dry out and die. Currently trees are being wantonly burned to create open land for soybean cultivation. Consequently, Brazil has become one of the world's largest emitters of greenhouse gases.

There are few paved roads into the Amazon. The most controversial is the 1,100 mile long BR-163 highway which runs straight into the heart of the Amazon Basin providing an alleyway for industrial-sized soybean operations to grab up millions of acres of land. Because of the thousands of tons of soy transported over this road it is nicknamed the "soy highway."

The decimation of the Amazon is, for the most part, done legally. Even the governor of the state of Mato Gross, on the edge of the Amazon Basin is a part of it. Governor Blairo Maggi is the world's largest single soybean producer, growing 350,000 acres. That's equivalent to 547 square miles of Amazon rain forest that has been leveled for soybean production. He is just one of many industrial-sized soybean operations in the area. In 2005 Greenpeace awarded Maggi the Golden Chain Saw award for his role in leveling the rain forest.

Clearing the land for soybean production is only part of the problem.

- Soybean cultivation destroys habitat for wildlife including endangered or unknown species.
- It increases greenhouse gases, which are believed to contribute to global warming and disrupts the life of indigenous tribes who depend on the forest for food and shelter.
- Soybeans need large amounts of acid-neutralizing lime, as well as fertilizers, pesticides, and herbicides. All of which are creating an environmental hazard.
- Toxic chemicals contaminate the forest, poison rivers, and destroy wildlife. Indigenous Indian communities complain about poisoned water and dying fish.

The environmental destruction caused by soybean farming isn't limited to the Amazon, it occurs throughout the world wherever soybeans are produced. That's hundreds of thousands of acres of deforestation, over cultivation and destruction of the land, and billions of tons of toxic chemicals spewed into the environment year after year, contaminating our soils, water, and destroying wildlife, not to mention what it is doing to us. New genetically modified soy was specifically developed to withstand the toxins so farmers could spray even more pesticides on them without diminishing yields. Talk about destroying the environment, the soybean industry has to rank near the top of the offender's list.

Now, let's take a look at the palm oil industry.

When you compare soy cultivation to that of palm, there is a huge difference. Palm cultivation is perhaps, the world's most environmentally friendly commercial crop. After oil palms reach maturity they are commercially productive for at least a quarter of a century. That means that once the trees are planted, the soil remains essentially undisturbed for decades. Unlike soy, were the ground is dug up and recultivated every year, year after year. The soil in a palm plantation remains essentially undisturbed. Native grasses and scrubs are allowed to repopulate the space between trees. The natural habitat returns, complete with wildlife. An oil palm plantation takes on the appearance of a rain forest, filled with vegetation



Wild boar, monkeys, birds, and other wildlife are allowed to roam in and out of the plantations, just as they do in the wild. **Chemical fertilizers and pesticides are rarely, if ever, used.** Since the ground is continually covered with trees and growth, the soil is not eroded, maintaining the integrity of the environment from the tiniest soil organisms to the largest land animals. So a palm plantation blends into the environment without causing untold disruption.

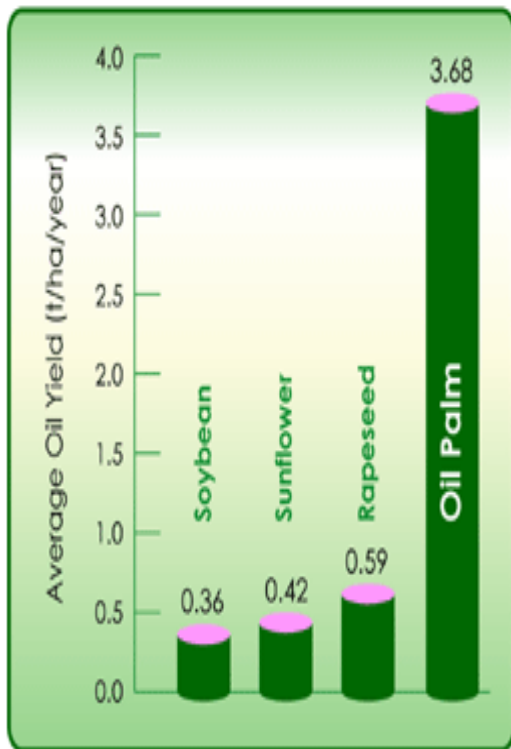
Compare that with a soybean plantation where all trees and other vegetation are killed and removed. Only soybeans are allowed to grow. And what about wildlife? Animals would trample or eat the crops, so they are fenced out, shot, or poisoned.

Exposing the Endless **Lies**, Deception, & **Cover-up** by the Pro-Soy Supporters, and in
(? . Dr.) Justine Butler's 2010 Article ... "Ignore the Anti-Soya Scaremongers – No Evidence"
More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

Unlike soy and most other crops that produce once a year, oil palms produce fruit year round, so they are always in season. This allows for a high yield of fruit on comparatively little acreage.

For this reason, the oil palm produces more oil per acre than any other vegetable source. For example, in one year on one acre of land a farmer can produce 18 gallons of corn oil, or 35 gallons of cottonseed oil, or 48 gallons of soybean oil. However, on the same amount of land you can produce 635 gallons of palm oil! No, that is not a misprint. You read that correctly, 635 gallons of palm oil compared to just 48 gallons of soybean oil. In terms of land use, you would need to plant 13 acres of soy or 35 acres of corn to produce an equal amount of oil from just one acre of palm.

Oil Palm vs Other Major Oil Crops



Performance of Oil Palm vs Soybean in CO₂ Sequestration

Oil Crop	Oil Palm	Soybean
Total Global Planted Area in 2005 (mil ha)	9.16	92.54
O ₂ Released (mil tonne)	195.1	236.9
Co ₂ Absorbed (mil tonne)	268.4	325.7
Average O ₂ Released (t/ha)	21.3	2.56
Average Co ₂ Absorbed (t/ha)	29.3	3.52

Source: MPOB, Oil World

Oil palm is the world's most efficient oil-bearing crop in terms of land utilization, efficiency, and productivity. A single hectare of land produces about 10 times more oil than other oilseeds. Globally oil palm produces just as much oil as soy, yet utilizes only one-tenth the land area.

So, soybean cultivation requires 13 times more land to produce the same amount of oil. And this land is stripped of all other vegetation, and continually plowed and replowed, and poisoned with pesticides. While oil palms are planted once and then the land is allowed to return mostly to its natural state without harming the environment.

More soybean oil is produced annually worldwide than any other oil. What that means is that millions of acres of land has and is being destroyed under soybean cultivation. More land, like that in the Amazon Basin, is being leveled and forests and wildlife habitat being destroyed to meet the increasing demand for soybean oil.

Soy – The Kiss of Death – For Cancer Patients
Explaining Why There is The Medical Necessity To Warn People About Dangers of Soy

Replacing soybean oil with palm oil, is not only a healthier option, but would save countless acres of land from untold environmental damage. In the Amazon we have no idea how many rare species of plants and animals are becoming extinct in the name of corporate profit.

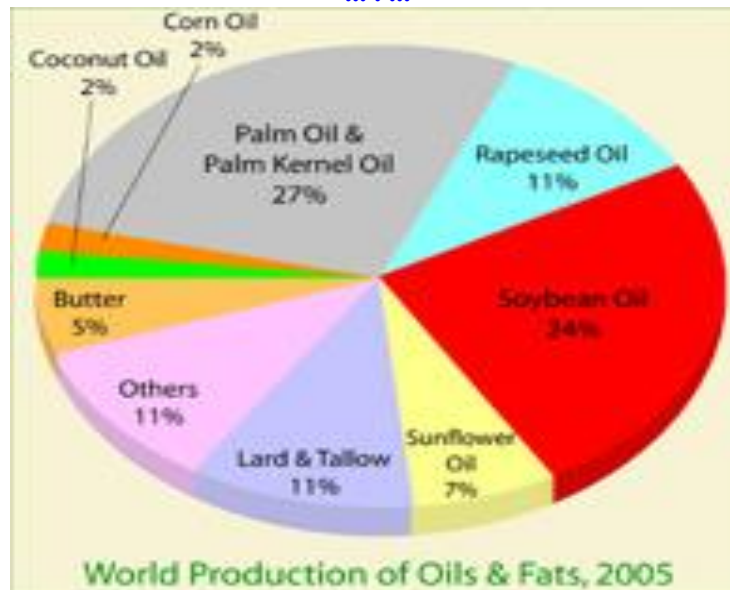
The Brazilian government acknowledged the lost 5,420 square miles of rain forest during **2006**. This is an area more than twice the size as the entire state of Delaware! The good news is that the Brazilian Environment Ministry reported that the rate of Amazon destruction dropped 20 percent in **2007**. Why the slowdown? You can thank the palm oil producers. Competition with palm oil has lowered the demand for soybean oil causing the soybean market to decline. With less of a demand for soybean oil, there is less incentive to clear the Amazon rain forest. The rising demand for palm oil (much of it as a replacement for hydrogenated soybean oil) has made a significant impact in slowing down the careless, yet legal, destruction of the Amazon.

Last year competition from palm oil saved 1,087 square miles of Amazon rain forest from being leveled for soybean cultivation. Some people might look at this and say, but places like Malaysia (the world's biggest palm oil producer) also convert rain forest into farmland.

Oil palm helps protect against global warming. Total area globally devoted to oil palm production is 9.16 million hectares (35,367 sq miles). Total land area under soybean cultivation is 92.54 million hectares (357,299 sq miles), more than ten times that of oil palm, yet oil palm releases nearly ten times more oxygen into the atmosphere and absorbs nearly ten times more carbon dioxide (a major contributor to global warming).

World Production of Oils & Fats 2005

- Butter 5%
- Coconut Oil 2%
- Corn Oil 2%
- Palm Oil & Palm Kernel Oil 27%
- Rapeseed Oil 11%
- Soybean Oil 24%
- Sunflower Oil 7%
- Lard and Tallow 11%
- Others 11%



As the demand for palm oil has increased, the demand for soybean oil has decreased.

Soy – The Kiss of Death – For Cancer Patients

Explaining Why There is The Medical Necessity To Warn People About Dangers of Soy

More info ... http://www.mayanmajix.com/art_ht.html ... **Health Articles**

However, in the past four years more Amazon rain forest in Brazil has been destroyed to make room for soybean cultivation than Malaysia has cleared in the past 100 years for palm oil production. Do the math. When you compare palm oil to soybean, and in fact to any other oil crop, palm oil is by far the most environmentally friendly. There is no comparison. Hopefully, as demand for palm oil increases, the demand for soybean oil will decrease, saving even more of the Amazon rain forest, and the earth as a whole, from needless destruction.

Despite the massive destruction caused by the soybean industry, you never hear people crying out against the use of soybean oil. You don't see the CSIP or the Friends of the Earth attacking the soybean industry for destroying the environment. Why is that? Why are the environmental and consumer advocate groups mysteriously quiet about soy, yet violently active against the palm oil industry? The answer is power, money, and influence. The soybean industry is very rich and powerful. They know how to manipulate the media and these special interest groups and use them as unknowing puppets. They feed them lies, half-truths, and misconceptions in order to con them and the public.

In the following months and years you will no doubt hear many graphic reports depicting

how palm oil cultivation is destroying the earth, contributing to greenhouse gases, and driving animals into extinction. The truth is that palm oil cultivation has only a minor impact on the environment. Most of the cultivation is done in a very environmentally friendly manner. So don't be fooled. The real danger is coming from the soybean industry. It took us over two decades to realize the harm the soybean industry caused to our health with the replacement of tropical oils with hydrogenated soybean oil. Let's not make another mistake with the environment.

References

Severson, K. Clues on labels reveal hidden trans fats. *The San Francisco Chronicle* July 31, **2002**.

Wallace, S. Last of the Amazon. *National Geographic* **2007**;211:40-71.

Lehman, S. Brazil says Amazon deforestation is down. *USA Today* December, 7, **2007**

New article

Hormone Therapies for Boys Harmed by Soy Formula ... Nov. 7, 2010 ...

<http://www.westonaprice.org/blogs/hormone-therapies-for-boys-fed-soy-formula-.html> ... babies put on soy formula have impaired detoxification pathways ... That means widespread heavy metal toxicity.

New

Dr. Mercola.com interviews Chris Masterjohn ... Oct. 2010

Fermentation ... also see pages *5 – 7 and *61 and 62

According Chris Masterjohn research in his paper *Thyroid Toxins: The Double-Edged Swords of the Kingdom Plantae*

The **isoflavones** of soy, predominantly **genistein** and **daidzein**, are the estrogenic and goitrogenic **toxins** we are concerned about, and they exist in the unprocessed soybean attached to sugars. We don't easily absorb the sugar-free form, and there is very little sugar-cutting activity in our intestines able to render these "nasties" absorbable. Traditional fermentation, however, successfully frees many of these substances from their attached sugars, breaks the bonds, and **increases** the bioavailability of the goitrogens making them **more** absorbable.

References ...

Fermentation Does Not Neutralize the Goitrogenic Effect of Soy -- It Makes It Worse, Actually Increases their absorption! ... Oct. 15, 2010

<http://blog.cholesterol-and-health.com/2010/10/fermentation-does-not-neutrailize.html> .

Mercola Confusion: Fermented Soy IS Goitrogenic ... Oct 16, 2010

<http://www.thehealthyhomeeconomist.com/2010/10/mercola-is-wrong-fermented-soy-is/> .



. <http://www.coconutresearchcenter.org/> .

Coconut (Cocos nucifera)

List of 50 Health Benefits

2004

The Tree of Life

The scientific name for coconut is Cocos nucifera. Early Spanish explorers called it coco, which means "monkey face" because the three indentations (eyes) on the hairy nut resembles the head and face of a monkey. Nucifera means "nut-bearing."

The coconut provides a nutritious source of meat, juice, milk, and oil that has fed and nourished populations around the world for generations. On many islands coconut is a staple in the diet and provides the majority of the food eaten. Nearly one third of the world's population depends on coconut to some degree for their food and their economy. Among these cultures the coconut has a long and respected history.

Coconut is highly nutritious and rich in fiber, vitamins, and minerals. It is classified as a "functional food" because it provides many health benefits beyond its nutritional content. Coconut oil is of special interest because it possesses healing properties far beyond that of any other dietary oil and is extensively used in traditional medicine among Asian and Pacific populations. Pacific Islanders consider coconut oil to be the cure for all illness. The coconut palm is so highly valued by them as both a source of food and medicine that it is called "The Tree of Life." Only recently has modern medical science unlocked the secrets to coconut's amazing healing powers.

Coconut In Traditional Medicine

People from many diverse cultures, languages, religions, and races scattered around the globe have revered the coconut as a valuable source of both food and medicine. Wherever the coconut palm grows the people have learned of its importance as a effective medicine. For thousands of years coconut products have held a respected and valuable place in local folk medicine.

In traditional medicine around the world coconut is used to treat a wide variety of health problems including the following: abscesses, asthma, baldness, bronchitis, bruises, burns, colds, constipation, cough, dropsy, dysentery, earache, fever, flu, gingivitis, gonorrhea, irregular or painful menstruation, jaundice, kidney stones, lice, malnutrition, nausea, rash, scabies, scurvy, skin infections, sore throat, swelling, syphilis, toothache, tuberculosis, tumors, typhoid, ulcers, upset stomach, weakness, and wounds.

Continued ...

.../ 98

[Coconut .Research Center ... List of 51 Health Benefits ...](#) continued

Coconut In Modern Medicine

Modern medical science is now confirming the use of coconut in treating many of the above conditions. Published studies in medical journals show that coconut, in one form or another, may provide a wide range of health benefits. Some of these are summarized below:

1. Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses.
2. Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhea, and other diseases.
3. Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, and other infections.
4. Expels or kills tapeworms, lice, giardia, and other parasites.
5. Provides a nutritional source of quick energy.
6. Boosts energy and endurance, enhancing physical and athletic performance.
7. Improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids.
8. Improves insulin secretion and utilization of blood glucose.
9. Relieves stress on pancreas and enzyme systems of the body.
10. Reduces symptoms associated with pancreatitis.
11. Helps relieve symptoms and reduce health risks associated with diabetes.
12. Reduces problems associated with malabsorption syndrome and cystic fibrosis.
13. Improves calcium and magnesium absorption and supports the development of strong bones and teeth.
14. Helps protect against osteoporosis.
15. Helps relieve symptoms associated with gallbladder disease.
16. Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers.
17. Improves digestion and bowel function.
18. Relieves pain and irritation caused by hemorrhoids.
19. Reduces inflammation.
20. Supports tissue healing and repair.
21. Supports and aids immune system function.
22. Helps protect the body from breast, colon, and other cancers.
23. Is [♥ heart healthy](#); improves cholesterol ratio reducing risk of heart disease.
24. Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
25. Helps prevent periodontal disease and tooth decay.
26. Functions as a protective antioxidant.
27. Helps to protect the body from harmful free radicals that promote premature aging and degenerative disease.
28. Does not deplete the body's antioxidant reserves like other oils do.
29. Improves utilization of essential fatty acids and protects them from oxidation.
30. Helps relieve symptoms associated with chronic fatigue syndrome.
31. Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement).
32. Reduces epileptic seizures.
33. Helps protect against kidney disease and bladder infections.
34. Dissolves kidney stones.
35. Helps prevent liver disease.
36. Is lower in calories than all other fats.
37. Supports thyroid function.
38. Promotes loss of excess weight by increasing metabolic rate.
39. Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.
40. Helps prevent obesity and overweight problems.

[Coconut Research Center ... List of 51 Health Benefits](#)

continues ...

41. Applied topically helps to form a chemical barrier on the skin to ward of infection.
42. Reduces symptoms associated the psoriasis, eczema, and dermatitis.
43. Supports the natural chemical balance of the skin.
44. Softens skin and helps relieve dryness and flaking.
45. Prevents wrinkles, sagging skin, and age spots.
46. Promotes healthy looking hair and complexion.
47. Provides protection form damaging effects of ultraviolet radiation form the sun.
48. Helps control dandruff.
49. Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do.
50. Has no harmful or discomforting side effects.
51. Is completely non-toxic to humans.

See Research ... <http://www.coconutresearchcenter.org/research-link.htm> ... to read some of the published studies regarding the above mentioned uses of coconut products.

Coconut Oil

While coconut possesses many health benefits due to its fiber and nutritional content, it's the oil that makes it a truly remarkable food and medicine.

Once mistakenly believed to be unhealthy because of its high saturated fat content, it is now known that the fat in coconut oil is a unique and different from most all other fats and possesses many health giving properties. It is now gaining long overdue recognition as a nutritious health food.

Coconut oil has been described as "the healthiest oil on earth." That's quite a remarkable statement. What makes coconut oil so good? What makes it different from all other oils, especially other saturated fats?

The difference is in the fat molecule. All fats and oils are composed of molecules called fatty acids. There are two methods of classifying fatty acids. The first you are probably familiar with, is based on saturation. You have saturated fats, monounsaturated fats, and polyunsaturated fats. Another system of classification is based on molecular size or length of the carbon chain within each fatty acid. Fatty acids consist of long chains of carbon atoms with hydrogen atoms attached. In this system you have short-chain fatty acids (SCFA), medium-chain fatty acids (MCFA), and long-chain fatty acids (LCFA). Coconut oil is composed predominately of medium-chain fatty acids (MCFA), also known as medium-chain triglycerides (MCT).

The vast majority of fats and oils in our diets, whether they are saturated or unsaturated or come from animals or plants, are composed of long-chain fatty acids (LCFA). Some 98% to 100% of all the fatty acids you consume are LCFA.

The size of the fatty acid is extremely important. Why? Because our bodies respond to and metabolize each fatty acid differently depending on its size. So the physiological effects of MCFA in coconut oil are distinctly different from those of LCFA more commonly found in our foods. The saturated fatty acids in coconut oil are predominately medium-chain fatty acids. Both the saturated and unsaturated fat found in meat, milk, eggs, and plants (including most all vegetable oils) are composed of LCFA.

MCFA are very different from LCFA. They do not have a negative effect on cholesterol and help to protect against heart disease. MCFA help to lower the risk of both atherosclerosis and heart disease. It is primarily due to the MCFA in coconut oil that makes it so special and so beneficial.

There are only a very few good dietary sources of MCFA. By far the best sources are from coconut & palm kernel oils.

Copyright © 2004 Coconut Research Center. This website is for educational purposes only. The information supplied here comes from a variety of sources and authors and not every statement made has been evaluated by the FDA. This information is not intended to diagnose, treat, cure or prevent any disease. ./